Officium Eucharisticum.

LL.00.52

A

PREPARATORY SERVICE

TO

A Devout and Worthy Reception

OF THE

LORDS SUPPER.

The Eighth Edition Corrected and Enlarged.

To which is added,

A Meditation for every DAY in the WEEK.

St. Luke xxiv. 36.

He was known to them in breaking of Bread.

DUBLIN,

Printed by *Joseph Ray* at *Colledge-Green,* for *Robert Thornton,* Bookseller at the *Unicorn* in *Skinner-Row.* 1683.

Imprimatur

Hic Liber (*cui Titulus*, Officium Eucharisticum.)

Anton. Saunders.

Ex Ædibus Lambeth.
Junii 13. 1677.

To Her Highneſs the

LADY MARY,

Eldeſt Daughter of

His ROYAL HIGHNESS

The Duke of YORK.

MADAM,

WHen I firſt reſolved a third *Review* of theſe *rude Collections*, I was eaſily perſuaded by my Friends to Addreſs them to Your HIGHNESS, not out of a deſign to beg your *ſhelter* and *protection of them* from the *ill uſages* of a *cenſorious and inhoſpitable* world, nor out of an *overweening deſire* of *raiſing an Obeliſque* to my otherwiſe *periſhing* and *private memory*, though I know that your *Authority* will keep them in breath long after the *Author* ſhall have expired his; nor out of an *innocent Ambition* to proclaim my *Obligations* to your HIGHNESS, which are more and greater than can be *crowded* into an *Epiſtle*. Theſe

indeed are the *uſual pretences* of *Dedications*, but my aim is higher, and directed to a more *important end*, by telling the world how *good*, how *Religious* You are, to encourage You to be more ſo. And yet in *attempting* this I may ſeem *impertinent*, becauſe You are become your own *Theatre*; every *Scene of your Life* is ſo generally known (whilſt the World is a ſpectator to *applaud* and *admire* you) that it were even an *impardonable arrogance* in a man of my *mediocrity* either to think of adding any thing to your HIGHNESSES *Luſtre*, or to believe I need open my *Readers eyes*. The *gravity* and *ſweetneſs* of your *meine*, the *affability* of all your *Comportmens*, the *vertue*, *innocence*, and *goodneſs* of your *Life*, your *reſolved conſtancy* in adhering to the *Religion* of our *Church*, your *frequent and devout retirements* into your *Cloſet*, your *unwearied attendance* at your *Chappel* and *Altar*, are ſufficiently obvious, that the bare *knowledg* of your HIGHNESS hath been enough to render you beloved, which yet one cannot but do with a

moſt

moſt *profund reſpect.* And, Madam, you have often encouraged me to tell you, that theſe *Endowments* will ever more import and ſtead you than any *external* or *worldly* ones, wherewith too you are abundantly provided. The *celſitude* of your *Deſcent* only enrols your Name in the Catalogue of the *Great*, is ſecular and tranſitory, calculated for *this World:* but it is *your Grace* and *Vertue* that writes it in the *Book of Life. Beauty* is fading, *Grandeur* is fugitive, the *wreaths of Civil Honour* are withering; but your *Godlineſs* is a *Crown* that ſhall not fade away, gloriouſly ſet off with a *diffuſive Charity*, a *great Humility*, and an *exemplary Devotion*; to the improvement of which your HIGHNESS hath made me proud to ſay that theſe *Devotionals* have not a little contributed. As to the *Meditations ſubſequent* to them, they were written by a *Reverend Perſon of this Church*, a true *lover of Souls*, (as ſome *eminent* Perſons about this *Court* have abundantly experienced) and you have profeſſed your ſelf *delighted* with them,

and *benefited* by them. God Almighty make them all effectual to the *furtherance* of your *ſpiritual good*, and *eternal bleſſedneſs*. And may that good God ſtill multiply upon you his *Bleſſings*, may your Soul be ſtill precious *in his ſight*, as the *apple of his eye*, as the *Signet* upon his *right hand*! May he preſerve you ſtedfaſt and unmovable, always abounding in the work of the Lord, in the conſtant Exerciſes of your Holy Religion (wherein you have been happily Educated) amidſt all the gaudy divertiſements of this vain and tranſitory world, which is the no leſs hearty than dutiful Prayer of,

Madam,

Your Highneſſes moſt Humble,

moſt Devoted, and moſt Faithful

Servant and Chaplain

St. *James's*
*Jun.*3.1677.

E. LAKE.

To the
READER.

Good Reader,

THis *little* Manual *of Directions and Prayers for the* Holy Communion, *first designed for a Private use, now shews it self in Publick, on presumption it may help thee in thy* Closet-retirements *towards a pious preparation thereto, and a worthy reception thereof.*

I will not be tedious in Prefacing it; only I cannot say it is mine, but a Collection, and recommends it self unto thee cloathed in the Language not of any Private conception (*of such the world is already full enough*) *but of* Primitive Liturgies; *of that of our Holy Church, and some of the most* Devout Fathers *of it, Bishop* Andrews, *Bishop* Cosins, *and that Great and Good Man* Arch-Bishop LAUD, *who lived a* Patron *of it, and died a* Martyr *for it.*

The Collector is not curious, or ſollicitous to think how it may go down with a ſort of People, *whoſe* unwieldy Zeal *hath tranſported them under a pretence of ſpuing out* Popery, *to diſreliſh and traduce any thing that is* Primitive; *But, the Sober and Devout Chriſtian, who lives in the* Communion *of* this Church, *He is ſecure of. And that it may further thee in the Attainment of our* Common Salvation, *is his ſincere and hearty deſire; in return to which, he begs thee nothing, but to* recommend him *now and then in theſe thy* Private Addreſſes *to the Throne of Grace.*

A PRE-

A PREPARATORY OFFICE For the HOLY COMMUNION.

THE neareſt and moſt ſolemn Intimacy and *Communion* we have with God in this world, is exhibited to us in the Bleſſed *Euchariſt*; That is to ſay, the *Sacrament of the Lords Supper*, wherein (according to our Church Catechiſm) the *Body and Blood of Chriſt are verily and indeed taken and received by the Faithful*; and hence it is called by St. *Paul*, 1 *Cor.* x. 16. the *Communion* of his *Body*, and the *Communion* of his *Blood*; ſo that by a due and worthy participation hereof, we are *really Incorporated* into Chriſt, we dwell in Chriſt, and Chriſt in us; we are made one with Chriſt, and Chriſt with us: In regard of which invaluable priviledg, as well as the great dangers which threaten unworthy addreſſes hereunto, now eſpecially we ſhould enter into, and heed our ſelves, being careful to perform all *Devotional Acts of Worſhip*, and *Piety* which may conduce to a good acceptable Celebration of ſo Divine a Myſtery: St. *Paul.* hath comprehended them all under this One Word and Duty of *Examination*, 1 Cor. xi. 28. which includes more than we can readily conceive: I ſhall not inſiſt upon thoſe Graces of *Faith*, *Repentance*, and *Charity*, about which it ſhould be chiefly

chiefly converſant; but do immediately proceed to thoſe *Preparatory Acts of Devotion*, which ſhould be exerciſed in order to a due Reception of this Bleſſed Sacrament.

I Begin then, as you ſhould in this, and in all other Duties of Religion, *In the name of God*, and Exhort, that having received *Notice* from *Gods Prieſts*, of a *Communion* to be Celebrated the *next Sunday*, you forthwith ſet your ſelf to this great work, of fitting your ſelf for a right Participation thereof. Whatever you do, let *this* be ever and anon *uppermoſt* in your Thoughts that *whole week*, reflecting on your Spiritual Eſtate, and eſpecially on *that Time*, which God hath lent you from your *laſt Reception*; what Graces you have improved, what Duties omitted, what ſins committed, out of a hearty Reſentment of which breath forth ſometimes theſe, or the like pious Ejaculations.

I Have ſinned; what ſhall I do unto thee O thou *Preſerver of Man*! Lord, I am not worthy to come under thy Roof; but ſpeak the Word only, and thy Servant ſhall be Healed.

Adding theſe two Collects *to your Private Devotions, both at* Morning *and* Evening *that* whole Week.

ALmighty God who of thy tender Mercy didſt give thine only Son *Jeſus Chriſt*, to ſuffer Death upon the Croſs for *our Redemption*, and didſt *inſtitute*, and in thy Holy Goſpel command us to continue a *perpetual Memory* of that his

is precious Death, until his coming again: Hear me moſt merciful Saviour, I moſt humbly beſeech hee, and make my *Groanings*, my *Deſires* after his *Holy Sacrament*, anſwerable to my needs of it. But, O Lord: How ſhall ſuch a Wretch as I dare to approach thy *Holy Table?* How ſhall I preſume to take the *Childrens Bread* who am as a vile Dog in thy ſight? I have often *trampled* thoſe precious things *under foot*, either careleſly neglecting, or unworthily receiving thoſe *Holy Myſteries!* O Lord, my horrible Guiltineſs makes me tremble to come, and yet makes me not dare to ſtay away; for, where ſhall this polluted Soul be waſhed but in this Fountain opened for ſin, and for uncleanneſs? Hither then I come; and thou haſt promiſed, that him that cometh to thee, *Thou wilt in no wiſe caſt out.* Grant me therefore, Gracious Lord, *ſo to eat the fleſh* of thy Dear Son *Jeſus Chriſt*, and to *drink his Blood*, that my ſinful *Body* may be made clean by his *Body*, and my *ſoul* waſhed through his moſt *precious Blood*. Amen.

I Will not preſume to come to *thy Table*, O merciful Lord, truſting in mine own righteouſneſs, but in thy manifold and great Mercies declared unto Mankind in our Lord Jeſus Chriſt; for whoſe ſake, give me, I pray thee, ſuch a *Preparation of Soul*, as may qualifie me for a wor-

worthy Approach thereunto: To this end mak me heartily ſenſible of my Sins and Unworthineſs raiſe up my dull and earthy mind from groveling here below, and inſpire it with a holy zeal to ſeek thoſe things that are above: Let that infinite Love of Chriſt in dying for ſo wretched a Sinner, inflame my ſoul, and kindle in me that ſacred fire of Love to him again, and to all thoſe whom He hath given me Command and Example to love, *Enemies* as well as *Friends*, and that for his ſake: Cloath me, O Lord, in the *Wedding Garment*; and make me, though of my ſelf, a moſt unworthy, yet by thy mercy, an acceptable Gueſt at *thy Table*, that I may not eat or drink my own Damnation, but Salvation through Jeſus Chriſt our Lord. *Amen.*

Having recommended your ſelf unto God, with theſe or the like Collects, in your *private Retirements*, I do earneſtly exhort you to *frequent the publick Prayers of the Church:* (nothing but a charitable, or ſome very urgent occaſion can this Week, or indeed ſhould at *any time* excuſe you;) and to attend them with all *poſſible Devotion:* Watch your ſelf now *eſpecially*, your thoughts, words, and actions, that they be not wicked nor vain; or if at any time they ſhould; that you forthwith recal and check your ſelf, ſaying or thinking thus,

Lord have mercy upon me!
Chriſt have mercy upon me!
Lord have mercy upon me!

I Said, I will take heed to my ways, that I offend not in my Tongue. O God, who knowſt us to be ſet in the midſt of ſo many and great Dangers, that by reaſon of the frailty of our Nature, we cannot always ſtand upright; grant to me ſuch ſtrength and protection, as may ſupport me in all Dangers, and carry me through all Temptations; through Jeſus Chriſt our Lord. *Amen.*

Set apart the Friday *of every ſuch Week as a Day of Holy* Faſting *and* Abſtinence, *riſing earlier than uſually, if your Health will permit you, at* Five of the clock; and being apparalled and ready, you may retire to your ordinary Morning Prayers.

I will not preſume to confine you to thoſe at the end of this Book, but do ſuppoſe you already fixed; however peruſe them, and poſſibly they may ſuit your *Condition*, they will undoubtedly your *Devotion*. Subjoyn to them on every ſuch faſting day the two *Collects* for *Preparation to the Communion* above written, as alſo the 130 *Pſalm*.

1. OUt of the Deep have I called unto thee, O Lord; Lord, *hear my voice.*

2. O let thine Ears conſider well the voice of my complaint.

3. If thou, Lord, wilt be extream to mark what is done amiſs, O Lord, *who may abide it?*

4. For there is mercy with thee, therefore ſhalt thou be feared.

5. I look for the Lord, my Soul doth wait for him; in his Word is my truſt. 6. My

6. My soul fleeth unto the Lord before t
Morning Watch; *I say, before the Morning Watc*

7. O *Israel*, trust in the Lord, for with th
Lord there is Mercy, and with him is plenteo
Redemption.

8. And he shall redeem *Israel* from all his sin

Glory be to the Father, and to the Son, and to t
Holy Ghost,
As it was in the beginning, is now, and ev
shall be, world without end. Amen.

Arising from Prayer, you must presently
your self to *recollect your life past*, especially since y
last received, by that *Catalogue of sins*, set down at t
end of this Book, reading it consideringly ove
and at *every particular* ask your soul, *Whether you*
guilty of that sin? And commit to *writing*, those si
you discover your self guilty of, with their respe
ctive aggravations, *viz.* If they were committ
against knowledge, or on *mature deliberation*, or *agai*
the resistance of Conscience, &c.

I suppose this duty of *self-examination* most n
cessary to this great work, dispatched by *nine a clo*
when taking the *Paper* in your hand, humbly *p*
strating your self, say,

THe good Lord pardon every one that *prep*
reth his heart to seek God, the Lord G
of his Fathers, though he be *not cleansed* acco
ding to the *Purification of the Sanctuary*.

Th

2. weak
3. how
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Then Kneel and pray, Pſal. 6.

O Lord, rebuke me not in thine Indignation, neither chaſten me in thy Diſpleaſure.

2. Have mercy upon me, O Lord, for I am weak; O Lord, heal me, for my bones are vexed.

3. My Soul alſo is ſore troubled; but Lord, how long wilt thou punish me?

4. Turn thee, O Lord, and deliver my Soul; O ſave me for thy mercies ſake.

5. For in death no man remembreth thee, and who will give thee thanks in the Pit?

6. I am weary of my groaning; every night waſh I my Bed, and water my Couch with my tears.

7. My Beauty is gone for very Trouble, and worn away becauſe of all mine Enemies.

8. Away from me, all ye that work Vanity, for the Lord hath heard the voice of my weeping.

9. The Lord hath heard my Petition; the Lord will receive my Prayer.

10. All mine enemies ſhall be confounded and ſore vexed; they ſhall be turned back, and put to ſhame ſuddenly.

Glory be to the Father, and to the Son, and to the Holy Ghoſt,
As it was in the beginning, is now, and ever ſhall be, world without end. Amen.

O God

O God to whom Vengeance belongeth, O God to whom Vengeance belongeth, ſhew thy ſelf, but let it be in pity and compaſſion to thy wretched and unworthy Servant, who in all humility confeſs my ſelf a wicked and ſinful creature. I acknowledge thoſe ſins, which if I would, I cannot hide from thee, my ſins of *Pride* and *Vain-glory*, of *Hatred* and *Envy*, of *Gluttony* and *Wantonneſs*; I accuſe my ſelf of my wicked *deſires* and *thoughts* which I have *conceived*, * of my *wanton* and *evil words* which I have ſpoken, * of my *naughty* and *ungodly deeds* which I have *committed*. * I acknowledg and bewail theſe my manifold ſins and wickedneſſes, which I from time to time moſt grievouſly have committed by thought, word, and deed, againſt thy Divine Majeſty, provoking moſt juſtly thy wrath and indignation againſt me. I do earneſtly repent, and am heartily ſorry for theſe my miſdoings; the remembrance of them is grievous unto me; the burden of them is intolerable. Have mercy upon me, have mercy upon me, moſt merciful Father, for thy Son Jeſus Chriſts ſake, forgive me all that is paſt; and grant that I may ever hereafter ſerve and pleaſe thee in newneſs of life, to the honour and glory of thy Name, through Jeſus Chriſt our Lord. *Amen.*

* *At theſe marks have recourſe to thoſe ſins noted in your Paper.*

For

FOrgive me my sins, O Lord; forgive me the sins of my *Age*, and the sins of my *Youth*; the sins of my *Soul*, and the sins of my *Body*; my *Secret*, and my *Whispering* sins; my *Presumptuous*, and my *Crying sins*; the sins that I have done to *please my self*, and the sins that I have done to please others.

Forgive me my *wanton and idle sins* forgive me my *serious and deliberate sins*; forgive me these sins which I *know*, and those sins which I *know not*; the sins which I have laboured so long to *hide from others*, that now I have even *hid them from my own memory*: forgive me them, O Lord, forgive them all, of thy great mercy let me be *absolved* from all my offences, and of thy bountiful goodness, let me be delivered from the bands of those sins, which by my frailty I have committed. Grant this, O Heavenly Father, for Jesus Christ his sake, our Blessed Lord and Saviour. *Amen.*

Adding this short Litany, and the following Prayers, which on any other *Friday*, or Fasting-day may be of use to you, omitting only the Prayer for Preparation to the Sacrament.

O God, the Father of Heaven, have mercy upon me a most miserable sinner!

O God the Son, Redeemer of the World, have mercy upon me a most miserable sinner!

O God the Holy Ghost, proceeding from the

Father and the Son have mercy upon me a most miserable sinner!

O Holy, Blessed, and Glorious Trinity, three Persons and one God, have mercy upon me a most miserable sinner!

Remember not Lord mine offences, nor the offences of my Fore-fathers, neither take thou Vengeance of my sins: Spare me good Lord, spare thy Servant whom thou hast redeemed with thy most precious Blood, and be not angry with me for ever.

Spare me good Lord.

From all evil and mischief, from sin, from the crafts and assaults of the Devil, from thy wrath, and from everlasting Damnation,

Good Lord deliver me!

From all blindness of Heart, from Pride, Vainglory, and Hypocrisie; from Envy, Hatred, and Malice, and from all Uncharitableness,

Good Lord deliver me!

From Fornication and all other deadly sin, and from all the deceits of the World, the Flesh, and the Devil,

Good Lord deliver me!

From, &c. Here repeat those sins of which you have found your self guilty, and noted in your Paper.]

Good Lord deliver me!

From

From hardneſs of Heart, from contempt of Thy Word and Commandments, from any evil thought which may aſſault and hurt my Soul.

Good Lord deliver me!

From all adverſities which may happen to the Body, from noiſom and infectious Diſeaſes, and from ſudden death,

Good Lord deliver me!

By thine Agony and Bloody Sweat, by thy Croſs and Paſſion, by thy precious Death and Burial, and by thy victorious Deſcenſion into Hell,

Good Lord deliver me!

By thy glorious Reſurrection and Aſcenſion, and by the wonderful comming of the Holy Ghoſt,

Good Lord deliver me!

In all time of my Tribulation, in all time of my Wealth, in the hour of Death, and in the day of Judgment,

Good Lord deliver me!

I who am a moſt miſerable ſinner, do beſeech thee to hear me, O Lord God; to keep and ſtrengthen me in the true worſhiping of thee; and to give me grace to ſerve thee in Righteouſneſs and Holineſs all the days of my life,

I beſeech thee to hear me, good Lord.

That it may pleaſe thee to rule my heart in thy faith, fear and love, and that I may evermore have affiance in thee, and ever ſeek thy Honour and Glory,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to be my Defender and Keeper, giving me the Victory over the World, the Fleſh, and the Devil,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to endue my ſoul with Grace, Wiſdom, and Underſtanding,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to give me an heart to love and dread thee, and diligently to live after thy Commandments,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to give me increaſe of Grace, to hear meekly thy word, and to receive it with pure affection, and to bring forth the fruits of the Spirit,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to ſtrengthen me when I ſtand, to comfort, and help me when I am weak-hearted; to raiſe me up when I fall: and

and finally to beat down Satan under my feet,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to ſuccour, help, and comfort me, when I am in danger, neceſſity, and tribulation,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to give me, as at all times, ſo now eſpecially, due preparation of mind, that I may worthily participate this holy Sacrament,

I beſeech thee to hear me, good Lord!

To this end may it pleaſe thee to forgive mine Enemies, Perſecutors, and Slanderers, and to turn their hearts,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to give me true Repentance; to forgive me all my ſins, negligences and ignorances, to endue me with a lively and a ſtedfaſt Faith, and a ſincere reſolution to amend my life according to thy holy word,

I beſeech thee to hear me, good Lord!

O Son of God, I beſeech thee to hear me.

O Lamb of God, that takeſt away the ſins of the World, *Grant me thy peace*

O Lamb of God, that takeſt away the ſins of the World, *Have mercy upon me.*

O Chriſt hear me.

Lord have mercy upon me!

Chriſt have mercy upon me!

Lord have mercy upon me!

Our Father &c.

Deliver me from evil. Amen.

O Lord, deal not with me after my ſins,

Neither reward me after mine iniquities.

Pſalm. 51.

1. HAve mercy upon me, O God, after thy great goodneſs; according to the multitude of thy mercies do away my offences.

2. Waſh me throughly from my wickedneſs, and cleanſe me from my ſin.

3. For I acknowledg my faults, and my ſin is ever before me.

4. Againſt thee only have I ſinned, and done this evil in thy ſight, that thou mighteſt be juſtified in thy ſaying, and clear when thou art judged.

5. Behold I was ſhapen in wickedneſs, and in ſin hath my Mother conceived me.

6. But lo, thou requireſt truth in the inward parts, and ſhalt make me to underſtand wiſdom ſecretly.

7. Thou ſhalt purge me with Hyſſop, and I ſhall

shall be clean; thou shalt wash me, and I shall be whiter than Snow.

8. Thou shalt make me hear of joy and gladness, that the bones which thou hast broken may rejoice.

9. Turn thy face from my sins, and put out all my misdeeds.

10. Make me a clean heart, O God, and renew a right spirit within me.

11. Cast me not away from thy presence, and take not thy holy spirit from me.

12. O give me the comfort of thy help again, and establish me with thy free spirit.

13. Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee.

14. Deliver me from blood-guiltiness, O God, thou that art the God of my health, And my tongue shall sing of thy Righteousness.

15. Thou shalt open my lips, O Lord and my mouth shall shew thy praise.

16. For thou desirest no Sacrifice, else would I give it thee; but thou delightest not in burnt-offerings.

17. The Sacrifice of God is a troubled Spirit: a broken and contrite heart, O God, shalt thou not despise.

18. O be favourable and gracious unto *Zion*, build thou the Walls of *Jerusalem*.

19. Then shalt thou be pleased with the Sa-

crifice of Righteouſneſs, with the Burnt-offering and Obligations; then ſhall they offer young Bullocks upon thine Alter.

Glory be to the Father, &c.

O Lord, I beſeech thee mercifully to hear me and ſpare me, and all thoſe who do confeſs their ſins unto thee, that they whoſe Conſcience by ſin are accuſed, by thy merciful Pardon may be abſolved, through Jeſus Chriſt our Lord. *Amen.*

O Moſt mighty God, and merciful Father who haſt compaſſion upon all men, and hateſt nothing that thou haſt made, who wouldeſt not the death of a ſinner, but rather that he ſhould turn from his ſin, and be ſaved: Mercifully forgive me my Treſpaſſes, receive and comfort me who am grieved and wearied with the burden of my ſins: Thy property is always to have mercy; and to thee only it appertaineth to forgive ſins: Spare me therefore, Good Lord, ſpare me, ſpare thy Servant whom thou haſt redeemed; enter not into judgment with thy Servant, who am vile earth, and a miſerable ſinner; but ſo turn thine anger from me, who meekly acknowledg my vileneſs, and truly repent me of my faults, and ſo make haſt to help me in this world, that I may ever live with Thee in the world to come; through Jeſus Chriſt our Lord. *Amen.*

Turn

TUrn thou me, O good Lord, and ſo ſhall I be turned; be favourable, O Lord be favourable to thy ſervant who turns to thee in *Weeping*, *Faſting*, and *Praying*: For, thou art a merciful God, full of compaſſion, long-ſuffering, and of great pity: Thou ſpareſt when we deſerve puniſhment, and in thy wrath thinkeſt upon mercy: Spare thy Servant, good Lord; ſpare me, and let me not be brought to confuſion! Hear me, O Lord, for thy mercy is great and after the multitude of thy mercies, look upon me, through the merits and Mediation of thy bleſſed Son Jeſus Chriſt our Lord. *Amen.*

THe Lord bleſs me, and keep me, the Lord lift up the light of his countenance upon me, and give me peace, now and for evermore. *Amen.*

The time following to *Eleven of the Clock* you may beſtow in *dreſſing*, and fitting your ſelf for the *publick Prayers of the Church*, which then you muſt by no means fail to be *preſent at*. In the mean time, let no ſinful thoughts poſſeſs your Soul, no vain or idle Communication proceed out of your mouth, but ſuch as may tend to edifying. Examine, exhort, encourage your Servants, or thoſe about you, whom you have commanded, or who purpoſe, to receive this bleſſed Sacrament with you; and be careful to avoid the Converſation of thoſe who may probably tempt you to ſin and vanity.

Returning

Returning from *Church* or *Chappel*, about *Twelve of the Clock*, humble your ſelf again before God and pray,

OUr Father *which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil.* Amen.

Then the xxxii. Pſalm. *Still upon your knees.*

1. BLeſſed is he whoſe unrighteouſneſs is forgiven, and whoſe ſins are covered.

2. Bleſſed is the man, unto whom the Lord imputeth no ſin, and in whoſe ſpirit there is no guile.

3. For while I held my tongue, my bones conſumed away through my daily complaining.

4. For thy hand is heavy upon me day and night, and my moiſture is like the drought in Summer.

5. I will acknowledge my ſin unto thee, and mine unrighteouſneſs have I not hid.

6. I ſaid, I will confeſs my ſins unto the Lord, and ſo thou forgaveſt the wickedneſs of my ſin.

7. For this ſhall every one that is Godly make his Prayer unto thee, in a time when thou mayeſt be found; but in the great water-floods they ſhall not come nigh him.

8. Thou

8. Thou art a place to hide me in, thou ſhalt reſerve me from trouble, and compaſs me about with ſongs of deliverance.

9. I will inform thee, and teach thee in the way wherein thou ſhalt go, and I will guide thee with mine eye.

10. Be ye not like to the Horſe or Mule, which have no underſtanding, whoſe mouths muſt be held with Bit and Bridle, leſt they fall upon thee.

11. Great plagues remain for the ungodly, but whoſo putteth his truſt in the Lord, mercy embraceth him on every ſide.

12. Be glad, O ye righteous, and rejoyce in the Lord; and be joyful all ye that are true of heart.

Glory be to the Father, &c.

ALmighty and everlaſting God, who hateſt nothing that thou haſt made; and doſt forgive the ſins of all them that are penitent, Create, and make in me a new and contrite heart that I worthily lamenting my ſins, and acknowledging my wretchedneſs, may obtain of thee the God of all mercy, perfect remiſſion and forgiveneſs, through Jeſus Chriſt our Lord. *Amen.*

ALmighty and moſt merciful Father, who for my many and grievous ſins commited againſt thee, and eſpecially ſince the *laſt ſolemn time of my humiliation and Repentance*, mighteſt moſt juſtly have

have cut me off in the midſt of my days; but in th multitude of thy mercies haſt hitherto ſpared me Accept, I moſt heartily beſeech thee, my, un feigned ſorrow for all my former tranſgreſſions and grant that I may never ſo preſume of th mercy, as to deſpiſe the riches of thy goodneſs, bu that thy forbearance and long-ſuffering may lea me to repentance and amendment of my ſinfu life to thy Honour and Glory, and my final Ac quitance and Abſolution at the laſt day, throug Jeſus Chriſt our Lord. *Amen.*

O Lord, make clean my heart within me:
And take not thy Holy Spirit from me.

IN the name of God the Father, the Son, and the Holy Ghoſt. *Amen.*

I Who am a wretched Sinner, here perſonally appearing, and **proſtrate* unto the Majeſty of the *Great* and *dreadful God*, and in the *preſence of his Holy Angels*; having in remembrance the exceeding mercies of his great Goodneſs towards me, as in manifold inſtances, ſo eſpecially in this that in the day of my *Chriſtning*, I was ſo happily and holily *Vowed* and *Dedicated unto God*, to be his Child, and to live in his continual Service, and that contrary to the profeſſion which was then made in my name, I have, ſo many and ſundry

* *Here throw your ſelf upon the Ground.*

mes ſo grievouſly *violated my vows*, and *profaned my ſacred promiſes*, and employed my Soul to the ervice of the World, the Fleſh and the Devil. At ength recalling my ſelf, and with all ſowlineſs and evotion, caſting my Soul and Body *proſtrate* be-ore the *dreadful Throne of his Juſtice*, do ac-nowledge, confeſs, and yield my ſelf a miſerable retched ſinner guilty of that Death and Paſſion hich Chriſt once ſuffered for me upon the tor-menting Croſs: But turning my ſelf to the *Throne f his infinite mercy*: and with all my might and orce, from the very deep of my heart, deteſting he iniquities of my forepaſſed Life, I moſt humbly eg and crave pardon for the ſame, with an intire Abſolution from all my ſins, even for the precious Death and Paſſion ſake of my Lord and Saviour, nto whom I promiſe and confirm again, I do a-ow and ſolemnly renew the ſacred Profeſſion and oyal ſervice and fidelity which was made in my ehalf unto him at my *Holy Baptiſm*, renouncing nfeignedly the vanities of this wicked world, the uſts of the Fleſh, and the ſuggeſtions of the Devil, and converting my ſelf to my moſt gra-cious and merciful God: I *deſire*, *deliberate*, *urpoſe*, and fully *reſolve* to honour him, ſerve im, and obey him for ever hereafter, *giving* nd *dedicating* to him for this end, the *faculties of y Soul*, and the *members of my Body*, to be is faithful, loyal, and obedient Subjects, and

Servants

Servants for ever; without *unsaying revoking or repenting* me of this my *holy and sacred promise* or any part thereof. And, I most humbly beseech Almighty God, the Father, the Son, and the Holy Ghost, to *confirm me in that constant Resolution* of abandoning these my sins and living an holy Life: And to accept of this my broken and contrite heart, which he hath promised not to despise; entirely desiring his Fatherly goodness, that as he hath given me a *will and desire to purpose*, so he would give me *strength and grace* to perform all holy actions, through Jesus Christ our Lord.

LOrd, I pray thee, that thy Grace may always prevent and follow me, and make me continually to be given to all good works, through Jesus Christ our Lord. *Amen.*

LOrd, I beseech thee grant thy Servant Grace to withstand the temptations of the World, the Flesh and the Devil; and with a pure heart and mind to follow thee the only true God, through Jesus Christ our Lord. *Amen.*

O God, whose nature and property is ever to have mercy, and to forgive, Receive my humble Petitions; and though I be tied and bound with the chain of my sins, yet let the pitifulness of thy great mercy loose me, for the honour of Jesus Christ our Mediator and Advocate. *Amen.*

O

O Saviour of the world, ſave me! who by thy Croſs and Paſſion haſt redeemed me: help me, and ſave me, I beſeech thee O God.

TO the King eternal, the immortal, inviſible and only wiſe God, who is the ever bleſſed and adorable Trinity, be all Honour and Glory now and for ever. *Amen.*

Having thus ended your *Mid-day Devotions*, review your *Catalogue* of ſins: Fix on *that ſin* you find your ſelf *chiefly addicted to*, labour for a *Godly ſorrow*, and *relentings of heart* on the ſight of it; *reſolve* againſt all *future perpetrations* of it, carefully uſing all *Remedies* which may tend to ſuppreſs it: To which purpoſe *Examine* your ſelf concerning thoſe *occaſions* and *inducements* which did lead you to it, and provide as well as you can againſt them, *noting in your Book* thoſe *Occaſions* and *Remedies* which Scripture, Reaſon, or Experience may prompt you to. *As for example,*

Suppoſe your ſelf guilty of *Irreverence*, or *want of Devotion* in the ſervice of God, write down what doth commonly induce you to it, what Remedies are moſt proper to the cure of it. Thus,

In the year 1682. *April* 14. being *Good Friday* (or be it any other day) *I Faſted*, being to Receive the *Communion* the following *Sunday*; and in the exerciſe of this holy Duty; on *Examination*, I found my ſelf much guilty of *Irreverence* in the worſhip of God, and diſcovered theſe temptations to it.

1. Too much *addicting* my ſelf to *childiſh* and *light Deportment* at all times; and therefore can hardly remit of them, when I come into Gods preſence.

2. Liſtning

2. Liſtning too much to the *vain Diſcourſes*, and *obſerving* the *impertinent actions* of others.

3. *Want of Conſideration* in whoſe *Preſence* I am; to wit, of *the great Majeſty* of *Heaven*; of that God, who, if I do not repent, will ſtrictly call me to an accompt for theſe, and all other my ſins, *&c.*

From which *Occaſions* you may perceive what *remedies* to uſe againſt it; as,

1. To labour for a grave and *modeſt Carriage* of my ſelf at all times, conſidering my *Age, Quality, Degree*, &c.

2. To *avoid vain and light Perſons*, or if that may not be done, *not to heed them*, or ſeriouſly to *rebuke them*.

3. To entertain all *awfull* and *dreadful Apprehenſions* of the *Great God*, who ſeeth what I do, and how I comport my ſelf: As alſo of the *Holy Angels*, who may truly enough be believed, fom the intimations of the *Apoſtles*, St. *John*, *Rev.* viii. and St. *Paul*, 1 *Cor.* xi. 10. to *be preſent* at Holy Myſteries.

4. To theſe may be added *Lifting up my Eyes to* Heaven; or *fixing* them on the *Prieſt* and not *letting them looſe* whatever objects may preſent them ſelves —— Theſe I then *Reſolved* to conſider, and practiſe; and will therefore frequently read them over:

EVen *ſo Amen*: Lord let thy Grace be ſufficient for me! *Lead me not into temptation*; but *Deliver us from evil.* Amen.

Then kneeling down, pray for *Devotion*, or for any other Grace, the contrary ſin whereof you have now

now found your ſelf Guilty of, and reſolved againſt. You will find *Prayers* to this *purpoſe* at the *latter end of this Book*: As for *Devotion*, thus,

MOſt great God, *who haſt not only permitted but invited us needy and miſerable Creatures to preſent our Petitions to Thee: Oh! let me ſet a true value on this moſt ineſtimable priviledg. I come unto Thee, O Lord, as a worm to my ſovereign Maker. I come as an heinous Offender to a juſt and ſevere Judge, Let, I pray Thee, my Addreſſes in thine Houſe be with a* Reverence *ſome way anſwerable to thine* awful Majeſty; *Give me an hearty deſire to pray, and ſuch a pure intention and fixedneſs of mind upon Thee, that I may no more incur the guilt of drawing nigh unto Thee with my lips, when my heart is far from Thee; But may ſo ask, that I may receive; ſeek that I may find; knock that it may be opened unto me, that ſo from praying to Thee here, I may be tranſlated to the praiſing Thee eternally in Thy Glory hereafter, through Jeſus Chriſt our Lord.* Amen.

This exerciſe being finiſhed about *three of the Clock*, the time appointed for the *Evening Service*; at your return from the *Church* or *Chappel*, if you have not fully ſatisfied your own Conſcience, but require farther Comfort or Counſel, you are to go to ſome *Diſcreet and Learned Miniſter of Gods Word* (eſpecially to him underwho'e Miniſtry God hath placed you, not being curious or cenſorious in your choice as to this particular) and *open your Grief by Confeſſion*,

that ſo you may receive the benefit of *Abſolution*, together with *Ghoſtly Counſel* and advice to the quieting of your Conſcience, and avoiding of all Scruple and Doubtfulneſs.

This being done (as it ought to be) with ſubmiſſion and ſobriety, you may with *Comfort* retire into your Cloſet, and *upon your knees*, ſay,

OUr Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth as it is in Heaven: give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into temptation, but deliver us from evil. Amen.

ALmighty God, unto whom all hearts be open, all deſires known, and from whom no ſecrets are hid; cleanſe the thoughts of my heart by the Inſpiration of thy holy Spirit? that I may perfectly love thee, and worthily magnifie thy holy Name, through Chriſt our Lord. *Amen.*

Then read upon your knees, *the Ten Commandments*, as they are ſet down in our *Communion Service.*

GOd ſpake theſe words and ſaid, *I am the Lord thy God, Thou ſhalt have none other gods but me.*

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not make to thy ſelf any graven Image,

nor

nor the likeneſs of any thing that is in Heaven above or in the Earth beneath, or in the Water under the Earth. Thou ſhalt not bow down to them, nor worſhip them, for I the Lord thy God am a jealous God, and viſit the ſins of the Fathers upon the Children, unto the third and fourth generation of them that hate me, and ſhew mercy unto thouſands in them that love me and keep my Commandments.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not take the name of the Lord thy God in vain, For the Lord will not hold him guiltleſs that taketh his Name in vain.

Lord have mercy upon me, and incline my heart to keep this Law.

Remember that thou keep holy the Sabbath-day. Six days ſhalt thou labour, and do all that thou haſt to do, but the ſeventh day is the Sabbath of the Lord thy God. In it thou ſhalt do no manner of work, thou, and thy Son, and thy Daughter, thy manſervant, and thy Maid ſervant, thy Cattel, and the Stranger that is within thy Gates. For in ſix days the Lord made Heaven and Earth, the Sea, and all that in them is, and reſted the ſeventh day; wherefore the Lord bleſſed the ſeventh day and hallowed it.

Lord have mercy upon me, and incline my heart to keep this Law.

Honour thy Father and thy Mother, that thy

days may be long in the Land which the Lord thy God giveth thee.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt do no Murther.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not commit Adultery.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not Steal.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not bear falſe witneſs againſt thy Neighbour.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not covet thy Neighbours Houſe, thou ſhalt not covet thy Neighbours Wife, nor his Servant, nor his Maid, nor his Ox, nor his Aſs, nor any thing that is his.

Lord have mercy upon me, and write all theſe thy Laws in my heart, I beſeech thee.

O Almighty Lord, and everlaſting God, vouchſafe, I beſeech thee, to direct, ſanctifie, and govern both my Soul and Body in the ways of thy Laws, and in the works of thy Commandments; that through thy moſt mighty protection,

protection, both here and ever, I may be preſerved both in body and Soul, through our Lord and Saviour Jeſus Chriſt. *Amen.*

Then ſtand up, and heartily repeat your *Creed.*

I *Believe in God, the Father Almighty, Maker of Heaven and Earth; and in Jeſus Chriſt his only Son our Lord, who was conceived by the Holy Ghoſt, Born of the Virgin* Mary, *ſuffered under* Pontius Pilate; *was Crucified, Dead, and Buried. he Deſcended into Hell, the third day he roſe again from the Dead, he aſcended into Heaven, and ſitteth on the Right hand of God the Father Almighty; from thence he ſhall come to judge the quick and the dead. I believe in the Holy Ghoſt, the Holy Catholick Church, the Communion of Saints, the forgiveneſs of Sins, the Reſurrection of the Body, and the Life Everlaſting.* Amem.

After which, *kneel again*, and pray.

ALmighty everlaſting God, heavenly Father, I give thee humble thanks, that thou haſt vouchſafed to bring me to the *knowledge of this Faith in thee*, and do beſeech thee, that thou wouldeſt keep me *ſtedfaſt in the Faith*, and evermore defend me from all adverſities, who liveſt and reigneſt one God, world without end. *Amen.*

Lord have mercy upon me!
Chriſt have mercy upon me!
Lord have mercy upon me!

Pſalm 28.

1. PUt me not to rebuke, O Lord, in thine anger, neither chaſten me in thy heavy diſpleaſure.

2. For thine arrows ſtick faſt in me, and thy hand preſſeth me ſore.

3. There is no health in my fleſh, becauſe of thy Diſpleaſure, neither is there any reſt in my bones by reaſon of my ſin.

4. For my wickedneſſes are gone over my head, and are like a ſore burden, too heavy for me to bear.

5. My wounds ſtink, and are corrupt through my fooliſhneſs.

6. I am brought into ſo great trouble and miſery, that I go mourning all the day long.

7. For my loins are filled with a ſore diſeaſe, and there is no whole part in my body.

8. I am feeble and ſore ſmitten; I have roared for the very diſquietneſs of my heart.

9. Lord, thou knoweſt all my deſire, and my groaning is not hid from thee.

10. My heart panteth, my ſtrength hath failed me, and the ſight of mine Eyes is gone from me.

11. My

11. My Lovers and my Neighbous did ſtand looking upon my trouble, and my Kinſmen ſtood afar off.

12. They alſo that ſought after my life, laid ſnares for me; and they that went about to do me evil, talked of wickedneſs, and imagined deceit all the day long.

13. As for me, I am like a deaf man, and heard not; and as one that is dumb, who doth not open his mouth.

14. I became even as a man that heareth not, and in whoſe mouth are no reproofs.

15. For in thee, O Lord, have I put my truſt; thou ſhalt anſwer for me, O Lord, my God.

16. I required that they, even mine enemies ſhould not triumph over me; for when my foot ſlipt, they rejoyced greatly againſt me.

17. And I truly am ſet in the Plague, and my heavineſs is ever in my ſight.

18. For I will confeſs my wickedneſs, and be ſorry for my ſin.

19. But mine Enemies live and are mighty; and they that hate me wrongfully, are many in number.

20. They alſo that reward evil for good, are againſt me, becauſe I follow the thing that good is.

21. Forſake me not, O Lord my God; be not thou far from me.

22. Haſt thee to help me, O Lord God of my Salvation.

Glory be to the Father, and to the Son and to the Holy Ghoſt,

As it was in the beginning, is now, and ever ſhall be, world without end. Amen.

O *Chriſt hear me!* and remember *now that hour,* in which thou didſt once *commend thy Bleſſed Spirit* into the Hands of thy heavenly Father, when with a *Torn Body* and a *Broken Heart*, thou didſt ſhew forth the Bowels of thy mercy, and die for us. I beſeech Thee, O thou *Brightneſs* and *Image of God*, aſſiſt me by this thy moſt precious Death, that being dead unto the world I may live only unto Thee, and at the laſt hour of my departure from this mortal life, I may commend my Soul into thine hands, and thou mayeſt receive me into life immortal, there to reign with thee for ever and ever. *Amen.*

GRant me in the mean time, gracious Lord, a pure intention of heart, and a ſtedfaſt reſolution to deſpiſe all vanity, to fight the Battels of the Lord manfully againſt the World, the Fleſh, and the Devil, to ſpend my time religiouſly and uſefully, to ſpeak gracious words, to walk always as in thy preſence, to preſerve my Soul and Body in holineſs, fit for the habitation of the Spirit of God. *Amen.*

MY Lord, and my God; Give me, I beſeech thee, a wiſe, a ſober, a patient, an underſtanding, a devout, a religious, a couragious heart; chaſte

chaſte and temperate reins and thoughts; a Soul full of devotion to do thee Service; and do thou make my ſervices acceptable to thee while I live, and my ſoul ready for thee when I die. *Amen.*

O Lord, increaſe in me Faith and Devotion, repleniſh my heart with all goodneſs, and of thy great mercy keep me in the ſame; give me true humility in proſperity, patience in adverſity, and continual joy in the Holy Ghoſt. *Amen.*

O Lord, give me ſpiritual wiſdom, that I may diſcern what is pleaſing to thee, and follow what belongs unto my Peace; and let the knowledg and peace of God, and of Jeſus Chriſt our Lord be my guide and my portion all the days of my life. *Amen.*

O Lord, make me humble to my Superiours and friendly to my Equals; thankful to my Benefactors, loving to my Relations, and charitable to my Enemies; to be gentle and eaſily intreated, ſlow to anger, and readily admoniſhed; fully prepared, and throughly furniſhed for every good word and work. *Amen.*

O Lord, give me a peaceable ſpirit, and a quiet life, free from debt and deadly ſin; give me grace to abſtain from all appearance of evil,

evil, and to do nothing but what is of good report; to confess Christ and his holy Religion by an holy and obedient life, and a mind ready to die for him when he shall call for me. And then, O Lord, assist me! *Amen.*

O Lord Jesu! I give thee my Body, my Soul, my Substance, my Fame, my Friends, my Liberty, and my Life: Dispose of me, and of all that is mine, as it seemeth best to thee, and to the glory of thy holy Name. *Amen.*

I Am not now *Mine*, but *Thine*, therefore claim me as thy right, keep me as thy charge, and love me as thy Child: Fight for me when I am assaulted, heal me when I am wounded, and revive me when I am destroyed. *Amen.*

O God, from whom all good things do come; grant to me thy humble servant, that by thy holy Inspiration I may think those things that are good, and by thy merciful guidance may perform the same, through Jesus Christ our Lord. *Amen.*

GIve me modesty in my Countenance, gravity in my Behaviour, deliberateness in my Speech, and Righteousness in all my Actions: Let thy mercy cleanse me from my sins, and let thy Grace bring forth in me the fruits of everlasting life. *Amen.* O God,

O God, who knoweſt us to be ſet in the midſt of ſo many and great dangers, that by reaſon of the weakneſs of our nature we cannot always ſtand upright; look, I beſeech thee, on my frailties and infirmities; and grant me ſuch health of body, that both in my ſoul and body I may evermore ſerve thee with all my ſtrength and might, through Jeſus Chriſt our Lord. *Amen.*

ASſiſt me mercifully, O Lord, in theſe, and all my Supplications and Prayers; and diſpoſe the way of thy Servant toward the attainment of everlaſting Salvation; that among all the changes and chances of this mortal life, I may ever be defended by thy moſt gracious and ready help, through Jeſus Chriſt our Lord. *Amen.*

GOd the Father bleſs me! God the Son defend me! God the Holy Ghoſt preſerve me! God the Holy Trinity be with me, now and for evermore.

After this, apply your ſelf to read ſome *Choice portion of Scripture*; particularly, the *Hiſtory* of our Saviours Paſſion, as in the *Goſpels for the Holy week*. *Read* with as much affection and heartineſs, as is poſſible; all along reflecting on his *Innocency*, and *your ſelf*, as one of thoſe *Guilty Wretches*, for whom he ſuffered all this.

And *think thus of your ſelf.*

I have

I Have occaſioned more torment to him, than his very *Crucifiers*; They tormented him *once*, but I have, as much as in me lay, crucified him *daily*: they crucified him becauſe they *knew him not*; but I *have known* him, and yet have ſtill continued thus to crucifie him afreſh.

Theſe Meditations, as they ſhould work in us a *great Sorrow* for our ſins paſt, and a great *Hatred*, and a firm *Reſolution* againſt them for the time to come; ſo likewiſe ſhould they quicken and ſtir up our *Faith in*, our *Love of*, and our *Thankfulneſs unto Chriſt*, for his ſo *great mercy*, in redeeming us by ſo dear a price.

Nor muſt your *Prayers* end here; they are not *Compleat* without *Interceſſions*, nor *acceptable* without *Charity*, which is a main requiſite to a *Worthy Communicant*.

At ſix of the Clock therefore betake your ſelf again to Prayer for *all Men*; for Chriſts *Holy Catholick Church*; and for all, who either by *Relation*, *acquaintance*, or more *particular deſire*, may claim a *ſhare* in your Prayers.

OUr Father which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil: Amen.

Pſal.

Pſalm 102.

1. HEar my Prayer, O Lord, and let my crying come unto thee.

2. Hide not thy face from me in the time of my trouble; incline thine ears unto me, when I call; O hear me, and that right ſoon.

3. For my days are conſumed away like ſmoak, and my bones are burnt up as it were a fire-brand.

4. My heart is ſmitten down, and withered like graſs, ſo that I forget to eat my bread.

5. For the voice of my groaning, my bones will ſcarce cleave to my fleſh.

6. I am become like a Pelican in the Wilderneſs, and like an Owl that is in the Deſert.

7. I have watched, and am even as it were a Sparrow that ſitteth alone upon the houſe-top.

8. Mine enemies revile me all the day long; and they that are mad upon me, are ſworn together againſt me.

9. For I have eaten aſhes as it were bread, and mingled my drink with weeping.

10. And that becauſe of thine indignation and wrath; for thou haſt taken me up, and caſt me down.

11. My days are gone like a ſhadow, and I am withered like graſs.

12. But thou, O Lord, ſhalt endure for ever, and

and thy remembrance throughout all generations.

13. Thou ſhalt ariſe, and have mercy upon *Sion*, for it is time that thou have mercy upon her, yea the time is come.

14. And why? Thy Servants think upon her ſtones, and it pitieth them to ſee her in the duſt.

15. The Heathen ſhall fear thy Name, O Lord, and all the Kings of the Earth thy Majeſty.

16. When the Lord ſhall build up *Sion*, and when his glory ſhall appear.

17. When he turneth him unto the Prayer of the poor deſtitute, and deſpiſeth not their deſire.

18. This ſhall be written for thoſe that come after; and the people which ſhall be born, ſhall praiſe the Lord.

19. For he hath looked down from his Sanctuary, out of Heaven did the Lord behold the Earth.

20. That he might hear the mournings of ſuch as are in Captivity, and deliver, the Children appointed unto death;

21. That they might declare the Name of the Lord in *Sion*, and his worſhip at *Jeruſalem*.

22. When the people are gathered together, and the Kingdoms alſo to ſerve the Lord.

23. He brought down my ſtrength in my journey, and ſhortned my days.

24. But I ſaid, O my God, take me not away

in

in the midſt of mine age; as for thy years, they endure throughout all Generations.

25. Thou, Lord, in the beginning haſt laid the foundation of the Earth, and the Heavens are the work of thy hands.

26. They ſhall periſh, but thou ſhalt endure; they all ſhall wax old, as doth a garment.

27. And as a Veſture ſhalt thou change them, and they ſhall be changed; but thou art the ſame, and thy years ſhall not fail.

28. The Children of thy Servants ſhall continue, and their Seed ſhall ſtand faſt in thy ſight.

Glory be to the Father, and to the Son, and to the Holy Ghoſt,
As it was in the beginning, is now and ever ſhall be, world without end. Amen.

ALmighty God, who of thy tender love *towards Mankind*, haſt ſent thy Son our Saviour Jeſus Chriſt to take upon him our fleſh and to ſuffer Death upon the Croſs, that *all Mankind*, ſhould follow the example of his great Humility; mercifully grant, that I may both follow the example of his Patience, and alſo be made partaker of his Reſurrection, through the ſame Jeſus Chriſt our Lord.

ALmighty God, I beſeech Thee graciouſly to behold *thy Family*, for which our Lord Jeſus Chriſt was contented to be betrayed, and given

given up into the hands of wicked men, and to suffer Death upon the Cross; who now liveth and reigneth with Thee and the Holy Ghost, ever one God, world without end. *Amen.*

ALmighty and everlasting God, by whose Spirit the *whole Body of the Church is* Governed and Sanctified; Receive my Supplications and Prayers which *I offer before Thee* for all *Estates* of men in thy *Holy Church*, that *every Member* of the same in his Vocation and Ministry may truly and godly serve Thee, through our Lord and Saviour Jesus Christ. *Amen.*

O Merciful God, who hast *made all men*, and hatest nothing that thou hast made, nor wouldest the Death of a sinner, but rather that he should be converted and live; Have mercy upon all *Jews*, *Turks*, *Infidels*, and *Hereticks*; and take from them all Ignorance, hardness of heart, and contempt of thy Word; and so fetch them home, blessed Lord, to thy fold, that they may be saved among the Remnant of the true *Israelites*, and be made *One Flock*, under *One Shepherd*, Jesus Christ our Lord, who liveth and reigneth with Thee, and the Holy Spirit, *One God*, world without end. *Amen.*

ALmighty God, who hast purchased to thy self an *Universal Church*, by the precious Blood of thy dear Son; mercifully look on *that part of it*

it in these Kingdoms, so miserably shatter'd & distressed. I confess, O Lord, our sins have justly deserved that thou shouldst remove thy Candlestick from us, and by some extraordinary judgment, make us a scorn and a by-word to the world: But, I beseech thee, reverse those Plagues which we have deserved; and continue those mercies which we have hitherto enjoyed, especially the comfort of thy Gospel, and liberty of thy Truth. Oh! let not our Adversaries ever roar in the midst of our Congregations, and set up their Banners as signs of Victory and Conquest over us; but shield and protect us with thy mercy, that in thy Holy Church we may still glorifie thy Name, through Jesus Christ our Lord. *Amen.*

O God, the unspeakable *Author of the world, Creator of Man*, Governor of Empires, and Establisher of all Kingdoms, who out of the loins of our Father *ABRAHAM* didst chuse a King, that became the Saviour of all Kings and Nations of the Earth: Bless, I beseech thee, thy Servant, and our Dread Sovereign Lord King *CHARLES* with the richest Blessings of thy Grace; and establish him in the Throne of his Kingdom by thy mighty Aid and Protection: Visit him as thou didst visit *Moses* in the *Bush*, *Joshua* in the *Battel*; *Gideon* in the *Field*, and *Samuel* in the *Temple*: Let the dew of thy abundant mercies fall upon his

Head, and give unto Him the Bleſſing of *David* and *Solomon*: Be unto him an Helmet of Salvation againſt the face of his Enemies, and a ſtrong Tower of defence in the time of Adverſity. Let his Reign be proſperous, and his Days many: Let Peace, and Love, and Holineſs, Juſtice and Truth, and all Chriſtian Vertues flouriſh in his time: Let his People ſerve him with Honour and Obedience, and let him ſo duely ſerve Thee here on Earth, that he may hereafter everlaſtingly ſerve Thee in Heaven through Jeſus Chriſt our Lord. *Amen.*

I Beſeech thee, O Lord, to ſave and defend all Chriſtian Kings, Princes, and Governors; eſpecially thy Servant *CHARLES* our King, that under him we may be godly and quietly governed; and grant unto his whole Council, and to all that are put in Authority under him, that they may truly and indifferently miniſter Juſtice, to the puniſhment of Wickedneſs and Vice, and to the maintenance of thy true Religion and Vertue. *Amen.*

ALmighty God, the God of all mercy, I humbly beſeech thee to pour down the riches of thine abundant Goodneſs upon the Head of thine Handmaid our moſt Gracious Queen *Katharine*, that ſhe being continually beautified with the

the *Royal Ornaments* of thy heavenly *Grace*, may be *Holy* and *Devout* as *HESTER*, *Loving* to the King as *RACHEL*, *Fruitful* and *Wise* as *REBECCA*, and *Obedient* as *SARAH*, and with long life and glory continuing in her high and Princely ſtate here, ſhe may at the laſt be brought to the great happineſs of thine everlaſting eſtate hereafter, through Jeſus Chriſt our Lord. *Amen.*

ALmighty God, the fountain of all goodneſs I humbly beſeech thee to bleſs the moſt Illuſtrious Prince *James* Duke of *YORK*, and all the *Royal Family*: Endue them with thy Holy Spirit: Enrich them with thy Heavenly Grace, proſper them with all happineſs, and bring them to thine everlaſting Kingdom, through Jeſus Chriſt our Lord. *Amen.*

ALmighty God, who alone workeſt great Marvels; give Grace to all *Biſhops*, *Prieſts*, and *Deacons*, eſpecially to thoſe *under whoſe Diſpenſations I live*: Illuminate them with true knowledg and underſtanding of thy Word; and grant that by their Preaching and Living they may ſet it forth, and ſhew it accordingly, and alſo rightly and duly Adminiſter thy holy Sacraments: Grant this for thy Son Jeſus Chriſt his ſake. *Amen.*

O Thou God of Truth, bring into the way of Truth all such as have erred and are deceived! O thou Father of Comforts, succour, help, and comfort all that are in danger, necessity and tribulation; preserve all that travel by Land or by Water; all Women labouring of Child, all sick persons and young Children; shew thy pity upon all Prisoners and Captives; provide for the Fatherless Children and Widows, and all who are desolate and oppressed: yea, have mercy upon *all men*, especially those whom thou hast called to the *Knowledge of*, and *Faith in* thy Son Jesus Christ. *Amen.*

ALmighty God, the Creator and Preserver of all men (who hast commanded me to honour *My Father and my Mother*) Grant me of thy goodness and grace so to love and honour *them*, to fear and obey *them*, to help and to pray for *them* as thou in thy holy Word hast directed and charged me to do, that both in their lives and deaths their Souls may bless me. Give I pray thee to (them and) all my Relations and Benefactors, deliverance from all dangers both of body and soul; keep them in the stedfastness of thy Faith, and in the obedience of thy Commandments: Bless them, O Lord, and make us all doubly dear to each other both in the flesh and

This is only to be said by those who have Parents, or a Parent.

and in the Lord, and that for our Lord Jeſus Chriſt his ſake. *Amen.*

O God, from whom every good and perfect gift proceedeth; accept my *Praiſe* and *Thanksgiving* which I offer unto thee for all thy Mercies and Benefits from time to time vouchſafed unto me; for my *Health, Peace, Liberty, Friends,* and all other Bleſſings of this Life; for *Jeſus Chriſt* the Fountain of all; for his *Conception, Birth, Circumciſion*; for his *Baptiſm, Faſting, Temptation*; for his holy and moſt *exemplary Life*; for his bitter, cruel, and yet patient and *meritorious Death*; for his victorious triumphant *Deſcenſion into Hell*; for his Glorious *Reſurrection* and *Aſcenſion*, for the *Coming of the Holy Ghoſt*, the *Eternal Comforter*, upon the *Apoſtles* on the day of *Pentecoſt*, and from that time for the Conſtitution of a *Catholick* and *Apoſtolick* Church, which is to *continue to the end of the World.* And I beſeech thee, O Lord, give me that due ſenſe of all thy mercies, that my heart may be unfeignedly thankful; and that I may ſhew forth thy Praiſe, not only with my lips, but in my life, by giving up my ſelf unto thy ſervice, and by walking before thee in Holineſs and Righteouſneſs all my days, through Jeſus Chriſt our Lord. *Amen.*

ALmighty God, who by thy *Holy Apostle* hast taught us not only to make Prayers and Supplications; but also to *give thanks* for all men: I offer up unto thee most *high Laud* and *humble Thanks* for all thy wonderful *Graces* and *Vertues* which thou hast declared in *all Saints*; chiefly in the glorious and *most Blessed Virgin MARY*, the *Mother of thy Son Jesus Christ*; and all *others* who have *departed this Life* with the *Seal of Faith*, and do now rest in the *sleep of peace*; such as were the *Patriarchs*, *Prophets*, *Apostles*, *Martyrs*, and *Confessors*; holy *Virgins*, pious *Matrons*, and * *devout Widows*, who have washed the feet of the Saints; Beseeching thee that we may still continue in their *Holy Communion*, and enjoy the comfort thereof while we are on earth, following with a glad will and mind their *holy Examples* of godly living and stedfastness in thy Faith; and that at the last day *we with Them*, and *They with us*, may attain to the Resurrection of the Just, and have our perfect Consummation and Bliss both in Body and Soul in thy eternal and everlasting Glory, through Jesus Christ our Lord, to whom with Thee, and the Holy Ghost, be ascribed by us, as is by *Angels* and *Arch Angels*, and the *whole Company* of Heaven, all Honour and Glory, world without end. *Amen.*

St. *Luke* 14. 8.

* 1 *Tim.* 3. 16.

Al-

ALmighty God, who haſt promiſed to hear the Petitions of them that ask in thy Sons Name; I beſeech Thee mercifully to incline thine ears unto me, now that *in his Name* I have made my *Prayers and Supplications unto Thee*; and, grant that thoſe things which I have faithfully asked, *according to thy Will*, may effectually be obtained, to the relief of my neceſſity, and to the ſetting forth of thy Glory, through Jeſus Chriſt our Lord. *Amen.*

THe Peace of God which paſſeth all underſtanding; the Bleſſing of God Almighty; the Father, the Son, and the Holy Ghoſt; the vertue of Chriſts Bleſſed Croſs and Paſſion, be with me now, at the hour of Death, and in the day of Judgment. *Amen.*

Having thus interceded and given thanks, at *Seven of the Clock.* with chearfulneſs depart your Cloſet: Let not your Behaviour be without *Innocent Alacrity*; but, let your ſpecial care be to comport your ſelf at theſe your *Faſts.* that they may not (if poſſible) be taken notice of by any, but your ſelf and God; as being mindful of that command of our Saviour, St. *Mat.* vi. 17, 18. *Anoint thy head, and waſh thy face that thou appear not unto men to faſt.* Be ſure then to avoid all *Sullenneſs* and *Moroſeneſs*; but give ready and chearful anſwers to any that ſhall demand you.

Thus diſpoſed you are ready for your *Supper* by *ſeven a clock*, whereto notwithſtanding your *long Abſtinence,*

ſtinence, you muſt not let looſe your Appetite; but eat as *ſparingly* as at other times; remembring that our Church hath appointed this day, as all other *Fridays* in the year, except *Chriſtmas-day* to be the days of Faſting or Abſtinence.

Thoſe few hours from Supper to *Bed-time*, you cannot better beſtow than in *Reading* or *Walking*, and *Meditating* on the particular Exercifes of your *Faſt*; examining your ſelf, whether you have been as intent, as *devout* in the performance of them as is requiſite? And where you have *failed*, heartily *bewail your ſelf* to God, *reſolving* within your ſelf to be *more ſerious* and *careful* for the time to come. Be frequent and diligent in looking over your *Accompt-al*, obſerving *every week* ſince you laſt *communicated*, what your *Carriage* hath been? How you have *amended*, eſpecially in thoſe particulars, in which you have formerly taken notice of your *Miſcarriages*, and *vowed Reformation*?

Sometime before you retire to your *Evening Prayers*, return to your *Cloſet*, and let your *Charity* crown your Devotions, [1 *Cor.* xv. 2.] *Setting apart*, and *Devoting* ſomewhat unto God of what you have, to the *Relief of his wanting Servants*; diſtributing it when you *ſee occaſion*: In the mean time, *ſeparate it from the reſt of your Store*, and ever after look upon it as *Devote*, and *not to be touched*, except to *be diſpenſed to the Poor*; when you do thus *conſecrate* it unto God, uſe this, or the like Ejaculation.

S. *Luk.* xix. 8. WHat I give, O Lord, is of *my own*, as thou haſt proſpered me; if I have *wronged any One*, I am ready to reſtore fourfold.

O Lord,

O Lord, whose is the Earth, and the fulness thereof; *I offer* unto thee, *what by thy Gift and Blessing I have*, this small Testimony of my *Thankfulness*, to be bestowed on those *poor Christians*, whom thy Providence shall give me opportunity to Relieve: Be thou pleased through the Blood of my Saviour to accept it, and pardon all my *vain Expences*. Amen.

Thou art my God; my goods are nothing unto thee; all my delight is upon the Saints that are in the Earth, and upon such as excel in Vertue.

About Ten or Eleven of the Clock, *betake your self to your* ordinary Prayers *for the* Evening, whereto subjoin the two Prayers for preparation to the Holy Communion, which are above-written, and also on every such day the 143 *Psalm*.

1. HEar my Prayer, O Lord, and consider my desire: Hearken unto me for thy Truth and Righteousness sake.

2. And enter not into Judgment with thy servant: For in thy sight shall no man living be justified.

3. For the Enemy hath persecuted my soul, he hath smitten my life down to the ground: he hath laid me in the darkness, as the men that have been long dead.

4. Therefore is my spirit vexed within me; and my heart with me is desolate.

5. Yet

5. Yet do I remember the time paſt, I muſe upon all thy works; yea, I exerciſe my ſelf in the works of thy hands.

6. I ſtretch forth my hands unto thee, my ſoul gaſpeth unto thee as a thirſty land.

7. Hear me, O Lord, and that ſoon, for my ſpirit waxeth faint: hide not thy face from me, leſt I be like unto them that go down into the pit.

8. O let me hear thy loving kindneſs betimes in the morning, for in thee is my truſt: Shew thou me the way that I ſhould walk in, for I lift up my ſoul unto thee.

9. Deliver me, O Lord, from mine enemies, for I flee unto thee to hide me.

10. Teach me to do the thing that pleaſeth thee, for thou art my God: Let thy loving Spirit lead me forth into the land of Righteouſneſs.

11. Quicken me, O Lord, for thy Names ſake: And for thy righteouſneſs ſake bring my ſoul out of trouble.

12. And of thy goodneſs ſlay mine enemies: and deſtroy all them that vex my ſoul, for I am thy ſervant.

Glory be to the Father, and to the Son, and to the Holy Ghoſt,

As it was in the beginning, is now and ever ſhall be, world without end. Amen.

Thus

Thus you end your course of *Prayers* for every *Friday* preceding a *Communion Sunday*. They are such, I think as may suit your *leisure* and *condition*; if not, you are prudent enough to *omit* and *alter* what you see good. I have too all along suppoſed your *constitution strong enough* to hold out such a Fast; if *health will not bear it*, in Gods name, *eat*, but *moderately*, and let your *Food* be *mean* and *ordinary*, such as a *crust of bread*, a little *Wine*, or a glass of *small Beer*, &c.

AND now having finished your *Penitential Devotions* on the *Friday*, or the Eve to *Christmas-day*, you have the less to do on the *Saturday*, nothing but to guard your self more strictly against Temptations, that they prevail not upon you: To which purpose, be much in *Reading the Scripture*, or some such Book; particularly *The Whole Duty of Man*; the *third Partition* of it concerns the *Lords Supper*, which after *Evening Prayer* read considerately over, applying every passage to your self, as being some way or other concerned in it.

Part of this day you may bestow in *Offices of Charity*: As, *Visiting your sick Friends*, or *reconciling* your self to any with whom you may have had any *Difference*, as you shall find occasion: or, as you shall be directed by your *Spiritual Guide*.

ON Sunday Morning you rise by *Six a Clock*, and subjoyn to your *Morning-Prayers* those *two Collects for Preparation* above mentioned.

After this consider, how you may with *due devotion* comport your self at the *Holy Altar*; and, what are those particular *Duties* and *Graces* you are there to exercise, you will find an account of them in the

the *third Partition* of the *Whole Duty of Man.*

Then examine the ſtate and temper of your *heart*; whether it be tender, and affectionately diſpoſed to *Relentings* for your Sins, *Purpoſes* againſt them, and *Reſolutions* for a holy life? To humble *Reliances*, and truſt on God in our *Saviours Blood* for Pardon; To *ſpiritual Joy and Thankfulneſs*? To *Good will* towards all men? To *Charity*, and *Liberality*? and the like: Otherwiſe, have an *Hearty deſire*, and uſe your utmoſt endeavour, which will be accepted, to bring it to ſuch a *diſpoſition*.

If after all this be done, you have any *ſpare-minutes* before *Church* or *Common-time*; you would do well to beſtow them in reading over the *Communion-Service*; by which means you will be able with *more readineſs*, and *Devotion*, to go along with the *Prieſt* in the *Publick Miniſtration* of it.

About an *Hour* before you go forth, review the *Accompt* of your ſins, noted in your *Paper*; let your heart go along with the *Reading* of them, *Sorrowing* for them, and *Reſolving* againſt them.

After this, humbly *kneel*, and repeat the LI *Pſalm.*

1. HAve mercy upon me, O God, after thy great Goodneſs; according to the multitude of thy mercies do away my offences.

2. Waſh me throughly from my wickedneſs, and cleanſe me from my ſin.

3. For I acknowledg my faults, and my ſin is ever before me.

4. Againſt thee only have I ſinned, and done this evil in thy ſight, that thou mighteſt be juſti-

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fied in thy ſaying, and clear when thou art judged.

5. Behold I was ſhapen in wickedneſs, and in ſin hath my Mother conceived me.

6. But lo, thou requireſt truth in the inward parts, and ſhalt make me to underſtand wiſdom ſecretly.

7. Thou ſhalt purge me with Hyſſop, and I ſhall be clean; thou ſhalt waſh me, and I ſhall be whiter than Snow.

8. Thou ſhalt make me hear of joy and gladneſs, that the bones which thou haſt broken may rejoyce.

9. Turn thy face from my ſins, and put out all my miſdeeds.

10. Make me a clean heart, O God, and renew a right ſpirit within me.

11. Caſt me not away from thy preſence, and take not thy Holy Spirit from me.

12. O give me the comfort of thy help again, and eſtabliſh me with thy free Spirit.

13. Then ſhall I teach thy ways unto the wicked, and Sinners ſhall be converted unto thee.

14. Deliver me from blood-guiltineſs, O God, thou that art the God of my health: and my tongue ſhall ſing of thy Righteouſneſs.

15. Thou ſhalt open my lips O Lord, and my mouth ſhall ſhew forth thy praiſe.

16. For

16. For thou desirest no Sacrifice, else would I give it thee; but thou delightest not in burnt-offerings.

17. The Sacrifice of God is a troubled Spirit: a broken and contrite heart, O God, thou wilt not despise.

18. O be favourable and gracious unto *Zion*; build thou the walls of *Jerusalem*.

19. Then shalt thou be pleased with the Sacrifice of Righteousness, with the Burnt-Offerings and Oblations; then shall they offer young Bullocks upon thine Altar.

Glory be to the Father, and to the Son, and to the Holy Ghost,
As it was in the Beginning, is now, and ever shall be, world without end. Amen.

Then these following Collects.

1 O *Blessed Jesu*, who didst take upon thee *our Nature*, and didst suffer Death upon the *Cross* for our *Redemption*; and hast commanded us to *continue the memory* of this thy precious *Death* till thy *Coming again*; Oh! let not the inestimable Benefits of it be frustrated by my manifold and grievous sins; but inspire my Soul with those Graces which may qualifie me to receive them tendered unto me in *this blessed Sacrament*. O Lord, thou seest that I have no power of my self

ſelf to help my ſelf! Oh! Let the pitifulneſs of thy great Mercy looſe me from the chains of thoſe ſins wherewith I am tied and bound; that being thus ſet at liberty I may here with chearfulneſs run the ways of thy Commandments, and hereafter enter into thy Joy, O bleſſed Saviour and Redeemer. *Amen.*

2. THou, O God and Saviour, knoweſt how vile I am, and with what eagerneſs I have purſued the paths that lead unto everlaſting death! How often hath *this Feaſt* been prepared, I lovingly *Bid*, and called thereto; but have with frivolous excuſes abſented my ſelf? Or, if I have come, I have brought ſuch *Troops* of thy profeſſed enemies, *Unrepented Sins*, along with me, as if I came not to adore, but to defie thee; not to commemorate, but to renew thy Paſſion! I am not worthy, O Lord, I am not worthy to come into thy preſence; much leſs, to *eat the Fleſh* of the Sacrificed Lamb: For, my ſins, O *Bleſſed Jeſus*, went along in Confederation with the *High Prieſts*, in Treachery with *Judas*, in Injuſtice with *Pilate*, in Malice and Cruelty with the *People*: Oh! what puniſhment then ſhall I be thought worthy of, who have thus trampled under foot the *Son of God*, and counted the *Blood of the Covenant* an unholy thing? Where ſhall I vile wretch appear, who have put my LORD to Death!

Who

Who have crucified to my self the SON of God afresh, and put *thee* to an open shame! Where should I appear, but before my *Saviour*, who hath loved, and died for me, though I have hated and murthered him? Thy Blood, *O Jesu*, is my only Refuge! Oh! Let the Cry of it speak on my behalf; and may it speak better things than the Blood of *Abel*! Be merciful unto me, O God, be merciful unto me, for my Soul trusteth in thee; and in the *Clefts of thy wounds* shall be my Refuge until thy Fathers Indignation be over-past! Oh Blessed *Advocate* and *Mediator*, intercede for me with *Thy Father and Ours*, Thy God and Ours; and grant, that by the Grace which thou hast found, by the Prerogative which thou hast deserved, by the Mercy which thou hast purchased for me, as thou hast been partaker of my sufferings and infirmities, so I by thy Death and Resurrection; and by thy infinite gracious Intercession may be made partaker of thy Holiness and thy Glory, even for thy own Merits sake. *Amen.*

3. O Lord, who hast promised, that if I open my Mouth wide, Thou wilt fill it, I pray thee, *to open it*; and, not my mouth only, but my heart also; Oh! create in thy servant a great hunger, and thirst after the things of thy Kingdom, and the Righteousness of it, after all the holy Graces and all the holy Ministries of Grace; that

I may long for the Bread of Heaven, thirſt after the Fountain of Salvation; and as the Hart panteth after the Water-brooks, ſo my ſoul may deſire thee, O Lord: Oh! kindle ſuch an holy flame in my ſoul, that it may conſume all my ſins and curſed affections, that I may never again defile the place which thou haſt choſen for thy Temple. Thou diedſt, *O dear Jeſu*, to redeem me from iniquity; Oh! let me not again ſell my ſelf to work wickedneſs: I am a ſinner, a grievous one, not worthy to look up to Heaven; but be thou pleaſed to look down into the duſt, and lift up a ſinner from the Dunghil; let me not periſh in my folly, or be conſumed in thy heavy diſpleaſure: Give me time and ſpace to repent, and give me powers of Grace, that as by thy holy Inſpiration I do ſincerely and fixedly reſolve on an intire Reformation, ſo by thy merciful guidance I may faithfully perform the ſame. *Amen.*

4. O Thou great Phyſitian of Souls; heal me of thoſe many and foul Diſeaſes which my Soul groans under; Grant that I may now ſo touch thee that every one of thoſe loathſom iſſues may immediately ſtanch, that theſe ſickneſſes may not be unto Death; but to the glory of thy mercy in pardoning, to the glory of thy Grace in purifying ſo polluted a Wretch. *O Chriſt hear me!* inſpire me with an holy Zeal to mortifie my ſins,

ſupport me with an holy Hope, confirm me with an excellent and unreprovable Faith, and enkindle in me a never-failing Charity: Let me judg my ſelf, that I be not judged by thee; condemn my ſelf, that I be not condemned with the world: But receiving this *Holy Sacrament* with a penitent heart, and a lively Faith, I may partake the great benefits of it; I may dwell in Chriſt, and Chriſt in me; I may be one with Chriſt, and Chriſt with me: The Lord be merciful unto me, and grant this for his own Bowels and Compaſſion ſake. *Amen.*

Then theſe Collects of Interceſſion.

MErciful God, who haſt made all men, and wouldſt not the death of a ſinner, but rather that he ſhould turn from his wickedneſs and live; to which purpoſe, thou haſt ſent thy Son out of thy Boſom to ſuffer death upon the Croſs for our Redemption; look down in mercy and pity upon *Poor Mankind*, whoſe portion is folly and miſery, ſhame and death: Bring all ſinners to repentance; enlighten all that ſit in darkneſs, all *Jews*, *Turks*, *Infidels*, *Hereticks*, and *Schiſmaticks*: Take from them all blindneſs, hardneſs of heart and contempt of thy Word and Commandment; and ſo fetch them home, bleſſed Lord, unto thy fold, that they may be ſaved among the remnant of the true *Iſraelites*, and be made One Fold under One Shepherd Jeſus Chriſt our Lord. *Amen.*

Gracious

GRacious Lord, I do more especially humbly present to thy Divine Majesty this glorious sacrifice which thy blessed Son made upon the Cross, in the behalf of all Christians throughout the world: Give unto them all, O God, a portion of all the good Prayers which are made in Heaven and Earth, the Intercession of our Lord, and the Supplications of all thy Servants. Oh! let us walk worthy of that holy vocation wherewith we are called; let us who name the Name of Christ, depart from iniquity; and unite us in the bonds of the *Common Faith*, and an holy Charity, that no interests or partialities, no Sects or Opinions may keep us any longer in darkness and divisions; but that we may with one mind, and one mouth, glorifie Thee, the Father of our Lord Jesus Christ. *Amen.*

O Father of Mercies, be merciful to this *Miserable divided Church* in which we live; according to all thy righteousness, let thine anger be turned away from us; let Religion and Vertue season all sorts of men therein; forgive us all our sins; turn thee unto us, and bless us, that the world may say, Blessed is this people whose God is the Lord *Jehovah*, and blessed are the folk whom he hath chosen to him to be his Inheritance! Lord, hear, and cause thy face to shine

upon this thy Sanctuary which is thus ſadly deſolate, for the Lords ſake. *Amen.*

O King of Kings, and Lord of Lords, give I pray thee Spirit of Government and Holineſs to all Chriſtian Kings, Princes and Governours; eſpecially to thy Servant *CHARLES* our King; Grant that his people may obey him, and he may obey thee, and live in honeſty and peace, juſtice and holy Religion, being a *Nurſing Father* to the Church, an Advocate for the oppreſſed, a Patron for the Widows, and a Sanctuary for the miſerable and Fatherleſs, that he may reign with thee for ever in the Kingdom of the Lord Jeſus Chriſt. *Amen.*

O Thou Fountain of all goodneſs, be pleaſed to bleſs and protect our Gracious Queen *KATHARINE*, *JAMES* Duke of *York*, and all the *Royal Family*; endue them with all heavenly Graces anſwerable to their Births; make them Inſtruments of thy Glory here, and partakers of thy Glory hereafter. *Amen.*

O God, who alone workeſt great marvels, be gracious unto all thoſe, who wait at thine *Altar*; the *Biſhops* and all the *Clergy*: Open thou their lips that their mouths may ſhew forth thy praiſe: Inſpire them with holineſs, and diligence

to

to Preach and declare thy will by good lives, and wiſe diſcourſes, that they may miniſter to the good of Souls, and find a glorious reward in the day of the Lord Jeſus. *Amen.*

O Merciful God, be merciful in ſuccouring all that are in affliction; deliver the out-caſt and poor; help them to right that ſuffer wrong; let the ſorrowful ſighing of the Priſoners come before thee, and according to the greatneſs of thy power, preſerve thou thoſe that are appointed to die; be merciful unto all who are juſt now breathing out their laſt; grant eaſe to thoſe that are in pain, ſupply to thoſe that ſuffer want; and, to all wicked perſons give thy Grace, that they may ſpeedily repent, and live well, and be ſaved through the merits of Jeſus Chriſt. *Amen.*

HAve mercy, and pour down thy bleſſings, O God, upon (my *Father*, *Mother*, and all other) my *Relations*, *Friends*, and *Benefactors*: * Grant unto them whatſoever they want, or wiſely and holily deſire; keep them for ever in thy fear and favour; and let their portion be in the Bleſſing, and in the Service; in the Love, and in the Kingdom of God, for ever and ever. *Amen.*

* *Here mention thoſe who are ſo.*

O Lord, I beſeech thee, forgive my enemies all their ſins againſt thee, and me: and, give me that meaſure of thy Grace, that for their hatred, I may love them; for their curſing, I may bleſs them; for their injuries, I may do them good; and for their perſecution, I may pray for them. Lord, I pray for them; forgive them, for they know not what they do. *Amen.*

FInally, O Lord, I pray thee for all thoſe who ſhall this day be *my Companions* at the *Altar*; and for all others who do now *Communicate* in any part of *Chriſtendom*; that through this blood of the Croſs, we may all be cleanſed from our ſins, and be preſented pure and unblamable, and unreproveable in thy ſight, for the ſake of Jeſus Chriſt, whom I adore, whom I love, and deſire I may ſtill more and more love, and love for ever. *Amen. Amen.*

OUr Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth as it is in Heaven: give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into temptation, but deliver us from evil. Amen.

THe Lord bleſs and preſerve me in *my going out* and my *coming in*; from this time forth for evermore. *Amen.*

Having

Having thus finiſhed your *Cloſet-devotion*, you go forth to the *Church* or *Chappel faſting*, that ſo a Portion from Gods Table may be the *firſt Morſel*; and remember to take ſomething out of your *Store* to preſent at the *Offertory*.

When you enter into the *Church*, kneel and pray.

OUr *Father which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the power, and the glory, for ever and ever.* Amen.

LOrd, I have loved the *Habitation of thy Houſe*, and the place where thine honour dwelleth. I will waſh my hands in Innocency, O Lord, and ſo will I go to thine *Altar*.

Having ſeated your ſelf, turn to the *Pſalms* and *Leſſons*, *Epiſtle* and *Goſpel* for the day, that you may more freely attend the *Prieſt* in reading them.

Sermon ended, you go up to the *Altar*, and *proſtrate* before it, ſay,

THou art worthy, O Lord, to receive Glory, and Honour and Power; for thou haſt created all things, and for thy wills ſake they are and were created.

Bleſſing, and glory, and wiſdom, and thanks; and honour, and power be unto our God, and unto the Lamb for evermore. *Amen.*

Then whilſt others are coming up, and the *Prieſt* preparing to read the *Sentences*, pray,

ALmighty Lord, who haſt of thine infinite mercies vouchſafed to ordain *this Sacrament* for a perpetual memory of that *Bleſſed Sacrifice*, which once thou madeſt for us on the Croſs; grant me with ſuch diligent remembrance, and ſuch due reverence, to participate of this ſo holy and wonderful a myſtery, that I may be made worthy by thy Grace to obtain the vertue and fruits of the ſame, with all the benefits of thy precious Death and Paſſion, even the Remiſſion of all my ſins, and the fulneſs of all thy Graces, which I beg for thy only merits, who art my only Saviour, God from everlaſting, & world without end. *Amen.*

O Lord, our Heavenly Father, Almighty and everlaſting God, regard, we beſeech thee the devotions of thy humble Servants, who do now celebrate the *Memorial* which thy Son and our Saviour hath commanded to be made in *remembrance of his moſt Bleſſed Paſſion* and *Sacrifice*; that by the means and power thereof, now repreſented before thy Divine Majeſty, we, and all thy *whole Church* may be made partakers of

all

all other the benefits of his moſt precious Death and Reſurrection from the Earth, and glorious Aſcenſion into Heaven, who liveth and reigneth with thee and the Holy Spirit, ever one God, world without end. *Amen.*

BE pleaſed, O God, to accept this our bounden Duty and Service; and command that the Prayers and Supplications, together with the *Remembrance* of Chriſts Paſſion, which we do now offer up to thee, may by the *Miniſtry of the holy Angels* be brought up into thy Heavenly Tabernacle; and that thou not weighing our merits, but looking upon the bleſſed *Sacrifice* of our Saviour, which was once fully and perfectly made for us all, maiſt pardon our offences, and repleniſh us with thy Grace and heavenly benediction, through Jeſus Chriſt our Lord. *Amen.*

Whilſt upon your *Knees* you caſt in your *Offering*, ſtop and ſay.

BLeſſed *Jeſu*, who didſt accept the poor Widows *two mites*; be pleaſed graciouſly to accept this from thy unworthy Servant. *Amen.*

The Prayers beginning again, you muſt joyn with the Congregation; and heeding every paſſage, let your heart go along with it: Keep your mind attentive, not only to the words and ſubſtance of the Prayers and Exhortations, but alſo to every

every paſſage, and particular *Ceremony* in the *Conſecration*; foraſmuch as *all of them* have their *meaning* and *reaſon*.

Obſerve the *Prieſt* then *breaking the Bread*; and remember how Chriſts Bleſſed *Body* was *torn with nails* upon the Croſs; Obſerve him *pouring out the Wine*; and remember how his precious *Blood* was *ſpilt* likewiſe; and then conſider they were your ſins which cauſed both, which ſhould work in you a great ſorrow for them, and then a great hatred, and a firm reſolution againſt them, and withal, engage you to thankfulneſs and love, reſolving to expreſs it by an univerſal obedience in your Converſation. Again,

Obſerve the *People* too, *taking* and *eating the Bread*; *taking* and *drinking the Wine*; for it ſignifies their particular *laying hold on Chriſt by Truſt and Faith*; their flying to, and apprehending him, as the means of their Salvation, and the pardon of their ſins tendred to them in this Bleſſed Sacrament.

When the Prieſt repeateth that comfortable ſaying of St. *Paul*, *This is a faithful ſaying, and worthy of all acceptation, that Chriſt Jeſus came into the world to ſave ſinners*, add (to your ſelf) with all poſſible devotion and humility, *of whom I am Chief*.

And if you have time, while the *Prieſt* and *others* are *Communicating*, uſe theſe or the like heavenly *aſpirations*.

I Am now *before the Altar of God*, even the God of my joy and gladneſs.

I will offer *Thankſgiving* unto my God, and *pay my vows* unto the moſt Higheſt.

O Lamb of God, that takeſt away the ſins of the World, *Grant me thy Peace!* O

O Lamb of God, that takeſt away the ſins of the World, Have mercy upon me!

Grant me, gracious Lord, ſo to *eat the fleſh* of thy Son, and to *drink his Blood*, that my ſinful *Body* may be made clean by *his Body*, and my *Soul* waſhed through his moſt *precious Blood*. Amen.

O Lord, I am not worthy, nor fit that *thou* ſhouldſt come under the filthy *Roof* of the houſe of my Soul, becauſe it is wholly deſolate and ruinous; neither haſt thou with me a fit place where to lay thy head: But, as *thou* didſt vouchſafe to be laid in a *Stable* and *Manger* of unreaſonable Beaſts: as *thou* didſt not diſdain to be entertained even in the houſe of *SIMON* the Leper; as *thou* didſt not reject the *Harlot*, a ſinner like unto me, coming unto *thee* and touching *thee*; as *thou* didſt not abhor *her* foul and profane mouth, nor yet the *Thief* on the Croſs Confeſſing *thee*: Even ſo vouchſafe to admit *me alſo*, an overworn, miſerable, and out of meaſure *ſinful Creature*, to the *Receiving* and *Communicating* of the moſt pure, quickning, and ſaving *Myſteries* of *thy moſt holy Body* and *precious Blood*. Amen.

O Lord God, how I receive the *Body* and *Blood* of my moſt bleſſed Saviour *Jeſus Chriſt* the price of my Redemption, is the very *wonder of my Soul*! yet, my moſt firm and *conſtant belief* upon,

upon the *words of my Saviour.* At this time, they are graciously tendred to me, and my *Faith:* Lord, make me a worthy Receiver, and a partaker of all the benefits of this blessed Sacrament. *Amen.*

Upon the approach of the Priest with the Consecrated Bread, say,

THou hast said, that he that *eateth thy flesh,* and *drinketh thy blood,* hath eternal life. Behold the Servant of the Lord, be it unto me according to thy Word!

When the Priest offers thee the Holy Bread, say softly with him,

THe Body of our Jesus Christ which was given for me, preserve my Body and Soul unto everlasting life.

Then answer audibly,

AMEN.

Whilst you eat it,

BY thy *Crucified Body* deliver me from *this Body of Death.*

After receiving.

BY thine *Agony* and *Bloody Sweat,* by thy *Cross* and *Passion,* Good Lord deliver me!

I have

I have *ſworn*, and am *ſtedfaſtly purpoſed* to keep thy righteous Judgments.

O hold thou up my goings in thy paths, that my ſootſteps ſlip not.

Upon the approach of the Prieſt with the Conſecrated Cup, ſay,

WHat reward ſhall I give unto the Lord for all the benefits that he hath done unto me! *I will take the Cup of Salvation*, and call upon the name of the Lord.

When the Cup of Bleſſing is offered unto you, ſay in your heart with the greateſt devotion that poſſibly you may,

THe Blood of our Lord Jeſus Chriſt which was ſhed for me, preſerve my Body and Soul unto everlaſting life.

Anſwering audibly,

AMEN.

After you have received it.

O My God, thou art true and holy! O my Soul, thou art bleſſed and happy!

O the

O the depth of the Wiſdom and Knowledg of God! how incomprehenſible are his judgments, and his ways paſt finding out!

Praiſe the Lord, O my Soul, and all that is within me praiſe his holy Name, who ſaveth thy Life from deſtruction, and ſeedeth thee with the Bread of Heaven!

Glory be to God on high, and on Earth Peace, Good will towards Men. I worſhip thee, O Lord, and magnifie thy Name for ever, who haſt vouchſafed to fill my Soul with gladneſs, and to feed me with the *Heavenly myſteries of Chriſts ſacred Body and Blood*, humbly beſeeching thee, that from henceforth I may walk in good works, and ſerve thee in holineſs and pureneſs of living, to the honour of thy Name. *Amen.*

MOſt Bleſſed Redeemer, I do truly believe, that thy *Body* was *Crucified*, and thy *Blood* was *ſhed* out of thy *Body*, as *verily* as I have received this *Bread* and this *Wine* ſet *apart* from the *Bread*: And that for the *Remiſſion of my ſins*, as well as *any others*: And I do alſo believe, that with this *Bread* and *Wine* I have *really* and *ſpiritually* received thy *precious Body* and *Blood*, whereby my ſins are fully waſhed away, and my Soul purified, and refreſhed: This, O Lord, I believe, *help thou my unbelief!* Amen.

The Song of Simeon.

1. LOrd, now letteſt thou thy ſervant depart in peace, according to thy word.

2. For mine eyes have ſeen thy ſalvation.

3. Which thou haſt prepared before the face of all people.

4. To be a light to lighten the Gentiles, and to be the Glory of thy people *Iſrael.*

Glory be to the Father, &c.
As it was in the beginning, &c.

Pſalm 103.

1. PRaiſe the Lord, O my ſoul, and all that is within me praiſe his Holy Name.

2. Praiſe the Lord, O my ſoul, and forget not all his benefits.

3. Who forgiveth all thy ſins, and healeth all thy infirmities.

4. Who ſaveth thy life from deſtruction, and crowneth thee with mercy and loving kindneſs.

5. Who ſatisfieth thy mouth with good things, making thee young and luſty as the Eagle.

6. The Lord executeth Righteouſneſs, and Judgment for all them that are oppreſſed with wrong.

7. He ſhewed his ways unto *Moſes,* his works unto the Children of *Iſrael.*

8. The

8. The Lord is full of compaſſion and mercy, long-ſuffering, and of great goodneſs.

9. He will not always be chiding; neither keepeth he his anger for ever.

10. He hath not dealt with us after our ſins, nor rewarded us according to our wickedneſs.

11. But look how high the Heaven is in compariſon of the Earth; ſo great is his mercy alſo towards them that fear him.

12. Look how wide alſo the Eaſt is from the Weſt, ſo far hath he ſet our ſins from us.

13. Yea, like as a Father pitieth his own children; even ſo is the Lord merciful unto them that fear him.

14. For he knoweth whereof we are made: he remembreth that we are but duſt.

15. The days of man are but as graſs; for he flouriſheth as a flower of the field.

16. For as ſoon as the wind goeth over it, it is gone, and the place thereof ſhall know it no more.

17. But the merciful goodneſs of the Lord endureth for ever and ever upon them that fear him; and his righteouſneſs upon childrens children.

18. Even upon ſuch as keep his Covenant, and think upon his Commandments to do them.

19. The Lord hath prepared his ſeat in Heaven; and his Kingdom ruleth over all.

20. O

20. O praiſe the Lord, ye Angels of his, ye that excel in ſtrength; ye that fulfil his Commandment, and hearken unto the voice of his words.

21. O praiſe the Lord, all ye his Hoſts; ye ſervants of his that do his pleaſure.

22. O praiſe the Lord, all ye works of his, in all places of his Dominion, Praiſe thou the Lord, O my ſoul.

Glory be to the Father, &c.
As it was in the beginning, &c.

Whilſt others are communicating; *Meditate*, and *ſay*,

HAppy are *thoſe Servants*, whom, when their Lord cometh, he ſhall find *thus doing*.

Know ye not, that ye are the *Temple of God*, and that the Spirit of God dwelleth in you? If any one *defile the Temple of God*, him will God deſtroy.

Behold, thou art *made whole*, *ſin no more*, leſt a *worſe thing* happen unto thee!

The hour cometh, and now it is, that the true Worſhippers ſhall worſhip the Father in Spirit and in Truth.

Be ye followers of God as dear Children, and walk in love as Chriſt loved us, and gave himſelf an *Offering* and a *Sacrifice* of a ſweet ſavour unto God for us.

This Holy Communion requires from us the greatest Charity we can expreſs; therefore (if we have any time between theſe Ejaculations and the Poſt-Communion) it would be highly Religious to pray for thoſe who are yet to Communicate of one or both kinds, ſaying A M E N, to the words of the Prieſt, when he gives the Sacrament to any one, as well as to your ſelf. And this act of your Charity in praying for others, will render your own Prayers and Services the more holy, and acceptable to God, and effectual to your Souls health. For he that prays for himſelf alone, reaps only the ſingle benefit of his own ſingle devotion: But whoſo devoutly prays for others, reaps the fruits of the Prayers of others, which is the great benefit of the *Communion of Saints*.

At the end of the *Communion*, ſay,

To the King Eternal, the Immortal, Invisible, and only Wiſe God, the *ever Bleſſed Trinity*, be all honour, and glory, now and for evermore. *Amen.*

Ariſing and *making your Reverence* towards the *Altar*, you depart with a glad heart, and a chearful countenance; preſerve *good thoughts* in your mind; yet be not *ſullen* or *moroſe*; but *ſalute* any of your Chriſtian Brethren you meet with.

As ſoon as you come home, retire into your *Cloſet* and bleſs God with *theſe Collects* of *Thankſgiving*.

ALmighty God, the Fountain of all goodneſs, from whom every good and perfect gift pro-

proceedeth; and to whom all glory and honour ſhould be returned: I do deſire moſt heartily to *thank thee*, for that thou haſt vouchſafed to feed me, who have *received* theſe Holy *myſteries*, with the *ſpiritual food* of the moſt precious *Body* and *Blood* of thy Son our Saviour Jeſus Chriſt; and doſt aſſure me thereby of thy favour and goodneſs towards me, and that I am a *very member incorporate* in the *myſtical Body* of thy Son, which is the *bleſſed Company* of *all faithful people*; and am alſo an Heir through hope of thine everlaſting Kingdom, by the merits of the moſt precious Death and Paſſion of thy dear Son. O the heighth and depth of that unſpeakable mercy of thine, who art pleaſed to admit me a ſinful wretch to have any part in thoſe inеſtimable benefits, which I have ſo often deſpiſed and trampled under foot! I am not worthy, O Lord, of that *daily Bread*, which ſuſtains the body; but thou haſt made me partaker of that *living Bread which came down from Heaven*, which nouriſheth the Soul, and, of which whoſoever eateth, ſhall live for ever. O grant that my Soul may reliſh this Divine Food with Spiritual raviſhments, and love, great as the flame of *Cherubims*; and grant that what thou haſt given me for the *Remiſſion of my ſins*, may not by any fault become the increaſe of them; that this *Holy Communion* prove not unto me, unto Judgment and Condemnation, but

may ſupport and preſerve me in every temptation, rejoyce and quiet me in every trouble, enlighten and ſtrengthen me in every good word and work; comfort and defend me in the hour of my death againſt all oppoſitions of the Spirits of Darkneſs, and further me in the attainment of everlaſting Salvation, through Jeſus Chriſt. *Amen.*

MOſt Holy God, who art of purer eyes than to behold Iniquity; grant, I pray thee that no unclean thing may be in me, who have now *Received* thee into my heart and ſoul; but *let this Blood* of Chriſt, who through the *Eternal Spirit, offered* himſelf without ſpot to thee, purge my Conſcience from dead works to ſerve thee the living God: Give me Grace, that from henceforth I put off concerning my former converſation *the Old Man*, which is corrupt, accor to the deceitful Luſts, and be renewed in the ſpirit of my mind: And that I put on the *New Man*, which after thee is created in Righteouſneſs and true Holineſs; to which purppſe be pleaſed to watch over me for good, to keep me both outwardly in my Body, and inwardly in my Soul. O God, thou ſeeſt that I have no power of my ſelf to help my ſelf; thou knoweſt me alſo to be ſet in the midſt of ſo many and great dangers, that by reaſon of the *frailty of my Nature*, I cannot always ſtand upright; grant to me ſuch ſtrength and

and protection, as may ſupport me in all dangers, and carry me through all temptations, through Jeſus Chriſt our Lord. *Amen.*

O Thou with whom is no variableneſs, nor ſhadow of turning, let thy Holy Spirit direct me in all things, let thy Grace always prevent and follow me, and preſerve me againſt all aſſaults of my Spiritual enemies, eſpecially of *my own treacherous heart*, which is deceitful above all things, wicked, *deſperately wicked*, O Lord, thou knoweſt it: how often hath it betrayed me to the breach of thy holy Laws, to the violation of all theſe Vows and promiſes which I have made to thee? How often have I turned my back in the day of battel? O let me no more thus ſtart aſide like a broken bow, but be ſtedfaſt, unmovable, always abounding in the work of the Lord, reſiſting the Devil that he may flee from me, ſubduing my fleſh, and bringing it into ſubjection; crucifying and overcoming the world. And therefore let *thoſe ſolemn Vows*, which I have now made to forſake my ſins, never depart from my mind; but let the remembrance of them excite me to fight manfully under thy Banner, and continue thy faithful Servant and Souldier unto my lives end. *Amen.*

O Lord, I do here humbly preſent unto thee my *Soul*, and *Body*, to be a living, holy, and *reaſonable Sacrifice* unto thee; I beſeech thee ſanctifie my *Body*, that from a polluted *Dunghil*, it may become the *Temple of God*. Sanctifie my *Soul*, and receive it for thy *dwelling place*, the ſeat of thy Spirit, and an houſe of Prayer and holy Meditation: Sanctifie me *throughout*, that both my *Body* and *Soul* and *Spirit*, may be preſerved *blameleſs* unto the *coming of our Lord Jeſus Chriſt*, to whom with thee, O Father, and the Holy Ghoſt, be all honour and Glory, world without end. *Amen.*

THus have you *cloſed* your *Communion-Devotions*, it only remains, that you beſtow the *greateſt part* of the *Afternoon* in *Reading*, *Praying*, *Meditating*, *good Conferences*, and the like: And when your Condition calls you to your *uſual Converſes*, you are ſtill to remember, you have a great buſineſs which lies upon your hands, which is the *performance of thoſe promiſes* you have now made to God; to which purpoſe frequently *recollect* them to mind, and let the *remembrance* of them be your *refuge* againſt all *temptations* to your *old ſins*, whenever they aſſault you: knowing what a grievous thing it is to *break that Vow* which you have *ſealed* in your *Saviours Blood*, and to have that *Blood* (through which only you can have pardon) to witneſs againſt you, *which God forbid.*

To your *Evening Prayers*, that *Sunday* night, immediately

mediately before the the *Bleſſing* ſubjoyn this *Collect.*

O Bleſſed JESUS, who haſt this day made me a *Partaker* of thy *Bleſſed Body* and *Blood*, thy *Mercy* hath given it, and my *Faith* hath *received* it into my Soul: O let me ever feel the happy vertue and effects of it: Put thy fear into my heart, to *keep thoſe Vows* and *Promiſes* which I have on this ſolemnity rendred unto thee in my mind, that I may not ſin againſt thee; enrich me with all thoſe Graces which come from this *precious Body* and *Blood*, and hereafter bring me to thine everlaſting glory, for thy merits and mercies ſake.

THus, not to detain you longer, I have recommended to you the aforeſaid Devotions to be uſed on the *Friday* in *every month*, which precedes a *Communion*, (eſpecially the *Fridays* before the three ſolemn times which our Church hath Conſecrated to this Bleſſed purpoſe, *Chriſtmas*, *Eaſter*, and *Whit-Sunday*,) ſuppoſing, that your *health* and *important occaſions* will permit it, otherwiſe you are not obliged to the *ſtrictneſs* of them, though you are obliged to *receive* this *Sacrament*, whenſoever an opportunity offers it ſelf.

To capacitate you for a *worthy Communication* thereof at *all times*; I do laſtly and heartily adviſe you to maintain a conſtant courſe of *daily Prayers* at *Morning* and *Evening* throughout the year; every *Night recalling* the *Actions of the paſt day*, and repent-

ing for the ſins of it; the practice whereof will fit you for the *Communion* at *any time*, when it is *occaſionally* tendered to you; I mean, when you are ſuddenly called to *Communicate* with a *dying perſon*; or come *accidentally* into a *Congregation*, where it is to be *received*, and all fit Gueſts are invited to it; in thoſe caſes, you are by no means to *turn your back upon it*; but beſtowing that *little time* which is before you in *Recollecting*, *Repenting*, *Exerting* your *Faith*, *Love*, *Thankfulneſs*, &c. Omitting nothing of the *ſtrictneſs* which is required in the *Act* of *Receiving*, *and performing afterwards* to your power what you *ſecretly promiſed*; receive it with the reſt in the name of God, beginning with *the Prayers*, before mentioned. [*page* 64.] Which are to be ſaid whilſt the *Prieſt* is preparing to *read* the *Sentences*.

Almighty God, who haſt of thine infinite mercies vouchſafed, &c.

But this I adviſe, on ſuppoſal you carry about with you ſuch an *habitual preparation*, which is acquired by keeping a *ſtrict courſe* of *daily private Devotions*, and a conſtant watchfulneſs over your ſelf; otherwiſe you ſin ſadly. However, be careful to *Communicate* whenever you are *ſolemnly invited* to it, *i.e. every month*; and with due *remembrance* of him, whoſe *death* you do hereby *ſhew forth* till he come.

God Almighty make you a worthy *Participant* of his *Body* and *Blood* here, that you may for ever enjoy him hereafter. *Amen.*

DEVO-

DEVOTIONS for the Morning, which begin with Proſtration, and ſaying,

AT the *Name of Jeſus*, God bleſſed for ever, let every *Knee bow*, both of things in Heaven, things in Earth, and things under the Earth; *Glory be to thee, O Lord moſt High.*

Then upon your *Knees*, ſay,

GOD be in my *Head* and in my *Underſtanding*, that I may know in this my day the things which do concern my everlaſting peace.

God be in my *Eyes*, and in my *Seeing*, that they may be always looking up to thy Mercy-Seat, and that they be not as ſo many *Caſements* to let in *Vanity*.

God be in my *Mouth*, and in my *Speaking*, to guard and fence it from *Idle Words*; and that it may at no time be a *Door* to let out *Folly*.

God be in my *Ears*, and in my *Hearing*, that they may be always open to ſound and wholeſome Counſels, and deaf to corrupt and filthy Communications.

God be in my *Heart*, and in my *Thinking* to preſerve it from being a ſink of Uncleanneſs, and that

that it may never be ſuffered either to flatter me or deceive others.

God be at my *End*, and at my Departing, that ſo my *Death* may be *precious* in the ſight of the Lord, with whom I pray that I may live for evermore *Amen*. And ſo,

Prevent me, O Lord, in all my doings with thy moſt gracious Favour, and further me with thy continual Help, that in all my works begun, continued, and ended in Thee, I may glorifie thy Holy Name, and finally by thy mercy obtain everlaſting life, through Jeſus Chriſt our Lord. Amen.

OUr Father which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil: Amen.

My Voice ſhalt thou hear betimes, O Lord; early in the morning will I direct my Prayer unto thee; and I will look up.

O Lord, open thou my *Lips*.

And my *Mouth* ſhall ſhew forth thy Praiſe.

O God, make ſpeed to ſave me;

O Lord, make haſte to help me.

Glory

Glory be to the Father, and to the Son, and to the Holy Ghoſt,
As it was in the beginning, is now and ever ſhall be, world without end. Amen.

Pſalm 95.

O Come, let us ſing unto the Lord, let us heartily rejoyce in the ſtrength of our Salvation.

Let us come before his preſence with Thankſgiving, and ſhew our ſelves glad in him with Pſalms.

For the Lord is a great God, and a great King, above all Gods.

In his hand are all the corners of the Earth, and the ſtrength of the Hills is his alſo.

The Sea is his, and he made it; and his hands prepared the dry Land.

O come, let us worſhip and fall down, and kneel before the Lord our Maker.

For he is the Lord our God, and we are the People of his Paſture, and the Sheep of his hand.

To day, if ye will hear his voice, harden not your hearts, as in the provocation, and as in the day of temptation in the Wilderneſs.

When your Fathers tempted me, proved me, and ſaw my works.

Forty years long was I grieved with this Generation; and ſaid, It is a people that do err in their

their hearts, for they have not known my ways.

Unto whom I ſware in my wrath, that they ſhould not enter into my reſt.

Glory be to the Father, and to the Son, and to the Holy Ghoſt,
As it was in the beginning, is now, and ever ſhall be, world without end. Amen.

After which read one or more of *Davids* Pſalms in order; beginning with the *Firſt*, and ſo onward, concluding each *Pſalm* with

Glory be to the Father, and to the Son, and to the Holy Ghoſt,
As it was in the beginning, is now, and ever ſhall be, world without end. Amen.

Then a Chapter out of the *Proverbs* of *Solomon*, or the *New Teſtament*: and after that,

WE praiſe thee, O God, we acknowledg thee to be the Lord.

All the Earth doth worſhip thee, the Father everlaſting.

To thee all Angels cry aloud, the Heavens, and all the Powers therein.

To thee *Cherubin* and *Seraphin* continually do cry,

Holy, Holy, Holy, Lord God of Sabbath.

Heaven

Heaven and Earth are full of the Majeſty of thy Glory.

The glorious Company of the Apoſtles praiſe thee.

The goodly Fellowſhip of the Prophets praiſe thee.

The noble Army of Martyrs praiſe thee.

The Holy Church throughout all the world doth acknowledg thee.

The Father of an infinite Majeſty.

Thine Honourable, True, and Only Son.

Alſo the Holy Ghoſt, the Comforter.

Thou art the King of Glory, O Chriſt!

Thou art the everlaſting Son of the Father.

When thou tookeſt upon thee to deliver man, thou didſt not abhor the Virgins Womb.

When thou hadſt overcome the ſharpneſs of death, thou diſt open the Kingdom of Heaven to all believers.

Thou ſitteſt at the Right Hand of God, in the Glory of the Father.

We believe that thou ſhalt come to be our Judge.

We therefore pray thee, help thy Servants whom thou haſt Redeemed with thy precious Blood.

Make them to be numbred with thy Saints in glory everlaſting.

O Lord

O Lord, save thy people, and bless thine Heritage.

Govern them and lift them up for ever.

Day by day we magnifie thee.

And we worship thy Name, ever World without end.

Vouchsafe, O Lord, to keep us this day without sin.

O Lord, have mercy upon us, have mercy upon us.

O Lord let thy mercy lighten upon us, as our trust is in thee.

O Lord, in thee have I trusted, let me never be confounded.

Then the Creed.

I *Believe in God, the Father Almighty, Maker of Heaven and Earth; and in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, Born of the Virgin* Mary, *suffered under* Pontius Pilate; *was Crucified, Dead, and Buried, he Descended into Hell, the third day he rose again from the Dead, he ascended into Heaven, and sitteth on the Right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the Holy Catholick Church, the Communion of Saints, the forgiveness of Sins, the Resurrection of the Body, and the Life Everlasting.* Amen.

Our

OUr Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth as it is in Heaven: give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into temptation, but deliver us from evil. Amen.

Bleſſing, and Honour, and Glory, and Power be unto him that ſitteth on the Throne, and unto the Lamb for ever and ever. *Amen.*

GLory be to God on high; on Earth peace; good will towards men. I Praiſe thee; I Bleſs thee; I worſhip thee; I Glorifie thee; I give thanks to thee for thy great Glory and Goodneſs, O Lord God, Heavenly King, God the Father Almighty: For thy Son *Jeſus Chriſt*, manifeſted in the fleſh, to deſtroy the works of the Devil; and who is the Fountain of all thoſe mercies both Spiritual and Temporal, ſo freely and plentifully beſtowed on me thy moſt unworthy Creature, from time to time, particularly, that thou haſt protected me this laſt Night from all perils ghoſtly and bodily, and brought me to ſee the light of another Day, whereas thou mighteſt juſtly have ſuffered me to ſleep in death, by reaſon of thoſe manifold and hainous ſins wherewith I have from time to time offended thy Divine Majeſty. I have ſinned! and what ſhall I ſay unto thee, O thou

Preſerver

Preſerver of Man? I have left undone thoſe things which I ought to have done; and I have done thoſe things which I ought not to have done; and there is no health in me: But thou, O Lord, have mercy upon me moſt miſerable offender! O thou, who deſireſt not the Death of a ſinner, but rather that he would turn from his wickedneſs and live, *Have mercy upon me*! Spare me, and reſtore me, who do here in all humility confeſs my faults, and do deſire to be penitent for them. Have regard to thy *Bleſſed Son* who is our *Advocate* with thee, O Father, and the *Propitiation* for all our ſins; for whoſe ſake, mercifully grant unto me true repentance, and the aſſiſtane of thy *Holy Spirit*, which may teach and enable me to pleaſe thee hereafter in all things, to deny ungodlineſs and worldly luſts, and to live godly, righteouſly, and ſoberly in this preſent world, that ſo at laſt I may come to thine Eternal Joy, through the ſame Jeſus Chriſt our Lord. *Amen.*

ALmighty God our Heavenly Father, who of thy great mercy haſt promiſed *Forgiveneſs*, of ſins to all them that with hearty Repentance and true Faith turn unto thee: Have mercy upon me; pardon and deliver me from all my ſins; confirm and ſtrengthen me in all Goodneſs, and bring me unto everlaſting life, through Jeſus Chriſt our Lord. *Amen.*

O Lord

O Lord our Heavenly Father, Almighty and everlasting God, who hast safely brought me to the beginning of this day; preserve me in the same, and all other days of my life, from all sin and danger; and by thy Gracious Governance, dispose all my Thoughts, Words and Actions this day, to thy Glory, through Jesus Christ our Lord. *Amen.*

MOst Gracious God, I humbly beseech thee as for this Kingdom in general, so especially for him, who is the Supreme Governour thereof: O Lord, grant the King a long life, that his *Years* may endure as *many Ages*; furnish him with safe and wise Counsels, and give him an heart of courage and constancy to pursue them: Oh! prepare thy loving Mercy and Faithfulness for him, that they may preserve him: Let thy Name, O *God of Jacob*, defend him; send him *help* from thy *Sanctuary*, and *strengthen* him out of *Sion*; and let us his Servants under thee, see with joy that thou wilt hear him from thy Holy Heaven, even with the wholsom strength of thy Right Hand; so will we always sing Praises unto thy Name, through Jesus Christ our Lord. *Amen.*

BLess, O Lord, the *Queens Majesty*, the *Duke* of *York*, and all the *Royal Family*; Prosper them with all happiness, and make them

all Instrumental to the furtherance of thy Glory in this world, and bring them to thine everlasting Kingdom in the world to come, through Jesus Christ our Lord. *Amen.*

GIve Grace, O Heavenly Father, to all *Bishops* and *Curates*; especially to *Him* whom by thy good Providence thou hast appointed my *Spiritual Pastor and Guide.* Grant that I may reverence his Person, and have regard to his good and wholsom Counsels; so that by him I may be conducted, and together with him enter into thine Eternal Joy, through Jesus Christ. *Amen.*

O God, the Creator and Preserver of all mankind, I beseech thee for all sorts and conditions of Men, and especially for thy Holy *Catholick Church*, that one *Faith* may be *Uniformly* professed, as thy *Church* is and can be but *One*; purge it from all *Atheism*, *Heresie*, and *Schism*; and grant that all they who do confess thy holy Name, may agree in the truth of thy holy Word, and hold the Faith in unity of Spirit, in the bond of Peace, and in Righteousness of life, through him who is the only *Head* over all things to his Church, *Jesus Christ* our Lord. *Amen.*

O God

O God of Mercies, and Father of Comforts, have Mercy, and comfort all thoſe who are any ways afflicted or diſtreſſed in Mind, Body or Eſtate; Relieve them according to their ſeveral neceſſities, give them Patience under their ſufferings, and an happy iſſue out of all their afflictions, for Jeſus Chriſt his ſake. *Amen.*

GRacious Lord, bleſs all thoſe who are near or dear unto me, and make them near and dear to thine own ſelf: All my *Kindred* *, other my *Friends*, *Acquaintance*, and *Benefactors* particularly †. Forgive me and them all our ſins, and continue us thy ſervants in life and death. *Amen.*

* *Here inſert your neareſt Relations.*

† *Here particularize whom you think fit.*

THe Lord fulfil the deſires and Petitions of thy Servant, as may be moſt expedient for me: The Lord bleſs me, and keep me: The Lord lift up the light of his countenance upon me, and give me peace both now and evermore. *Amen.*

PRAYERS for the Evening.

O Lord, I do again humbly present my self before thee, let my Prayers be set forth in thy sight as the *Incense*, and the lifting up of my hands be an *Evening Sacrifice*, even for Jesus Christ his sake. *Amen.*

OUr Father which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespasses, as we forgive them that Trespass against us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the power, and the glory, for ever and ever. Amen.

Then read a *Psalm*, which conclude with;

Glory be to the Father, &c.

After it a *Chapter* out of the *New Testament*, at the end of which, say,

Lord, now lettest thou thy Servant depart in peace, according to thy Word.

For mine eyes have seen thy Salvation,

Which thou hast prepared before the face of all people. To

To be a light to lighten the Gentiles: and to be the glory of thy people *Israel.*

A *Glory be to the Father, and to the Son, and to the Holy Ghost,*

As it was in the beginning, is now, and ever shall be, world without end. Amen.

After which devoutly repeat your *Creed.*

I *Believe in God, the Father Almighty, Maker of Heaven and Earth; and in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, Born of the Virgin* Mary, *suffered under* Pontius Pilate; *was Crucified, Dead, and Buried, he Descended into Hell, the third day he rose again from the Dead, he ascended into Heaven, and sitteth on the Right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the Holy Catholick Church, the Communion of Saints, the forgiveness of Sins, the Resurrection of the Body, and the Life Everlasting.* Amen.

The Lord be with me. *Amen.*

OUr Father *which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth as it is in Heaven: give us this day our daily Bread: And forgive us our Trespasses, as we forgive them that Trespass against us: And lead us not into temptation, but deliver us from evil.* Amen.

ALmighty and moſt merciful Father, but a moſt ſevere and juſt Judg, to all Obſtinate and Impenitent Sinners; I acknowledge and bewail my manifold Sins and Wickedneſs, which I from time to time moſt grievouſly have committed in Thought, Word, and Deed, againſt thy Divine Majeſty. I have ſinned, and what ſhall I do unto thee, O thou Preſerver of Man? I have left undone thoſe things which I ought to have done; and I have done thoſe things which I ought not to have done, and there is no health in me. But, thou, O Lord, have mercy upon me, a moſt miſerable offender! O God, who deſireſt not the Death of a Sinner, but rather that he ſhould turn from his wickedneſs and live, Have mercy upon me; ſpare and reſtore me, who deſire in all humility to confeſs my faults, and to be penitent for them: Have regard to thy Son *Jeſus Chriſt*, who is our *Advocate* with thee, and the *Propitiation* for all our Sins; for whoſe ſake, grant me true Repentance, and the Aſſiſtance of thy *Holy Spirit*, to pleaſe thee hereafter in all things, to teach and enable me to deny all Ungodlineſs and worldly Luſts, and to live Soberly, Godly and Righteouſly in this preſent evil world, that ſo at laſt, I may come to thine Eternal Joy, through Jeſus Chriſt our Lord. *Amen.*

Almighty

ALmighty God our heavenly Father, who of thy great Mercy hath promiſed *Forgiveneſs of Sins* to all them that with hearty Repentance, and true Faith turn unto thee, have mercy upon me; Pardon and deliver me from all my ſins; confirm and ſtrengthen me in all goodneſs; and bring me to everlaſting Life, through Jeſus Chriſt our Lord. *Amen.*

ALmighty and Ever-living God, who haſt commanded me to Pray for *all Men*; I humbly beſeech thee, moſt mercifully receive theſe my Prayers which I offer unto thy Divine Majeſty; beſeeching thee to inſpire continually the *Univerſal Church*, and eſpecially that *part of it in theſe Kingdoms*, with the Spirit of Truth, Unity and Concord: Bleſs him who is Supreme Governour over it, our moſt gracious Sovereign Lord King *CHARLES*; Treaſure up in Him all thy hidden Bleſſings, make and keep him a devoted Servant unto thee, a conſtant Patron of thy Church and Truth; that he may live long, and be full of honourable Succeſs all his days. Bleſs him in his Perſon, in his Actions, in his Queen, in the whole Royal Family, in his Servants, in his People; and this life ended, crown him with *everlaſting glory*. Under him, bleſs the whole State Eccleſiaſtical and Civil; that Righteouſneſs and Peace may kiſs each other, and we may ſerve and honour thee for ever. *Amen.*

O Lord, bleſs all the afflicted Members of the Body of thy Son, whereſoever, howſoever diſtreſſed: Send them conſtant Patience, and ſpeedy deliverance, as ſeems beſt to thee, and is beſt for them: And do unto them according to all thoſe Mercies, which I would, or ſhould deſire, thou ſhouldeſt ſhew to my own Soul; if at any time thou ſhalt be pleaſed to make my Eſtate as theirs is at this preſent; And then, O Lord, be merciful! *Amen.*

GRacious God, bleſs all the places to which thou haſt made me have any near Reference, every Soul contained in them: All my Friends, Kindred, and Acquaintants; any to whom thou haſt made me any way obliged, eſpecially, my *Father, Mother*, &c. Lord, I beſeech thee, forgive me and them all our ſins, and continue us thy Servants both in Life and Death; making us doubly dear unto each other, both in the fleſh, and in the Lord. *Amen.*

ALmighty God, Father of all mercies, I thine unworthy Servant, do give thee moſt humble and hearty Thanks for all thy Goodneſs, and loving Kindneſs beſtowed on me. Above all, for the *Redemption* of the World by our *LORD JESUS CHRIST*; in Him, for the means of Grace, and for the hope

of

of Glory; For all the bleſſings of this Life; for thy creating, and for thy protection of me all my days: and particularly, that *this day paſt* thou haſt preſerved me in my Health and *aſſiſted me in my Devotion**. Give me, I beſeech thee, a due Senſe of theſe thy mercies: and Grace and Power to expreſs it by an Obedience to all thy Commandments. Go on to preſerve, and take me into thy Protection this Night: Lighten my darkneſs, O Lord, and by thy great Mercy defend me from all perils and dangers of this night, for the Love of thy only Son Jeſus Chriſt our Lord. *Amen.*

* Or *proſpered me in my affairs.*

THE Lord fulfil all the deſires and petitions of thy Servant, as may be moſt expedient for me; The Lord bleſs me, and keep me! The Lord lift up the light of his Countenance upon me, and give me Peace, both now and for evermore. *Amen.*

Shorter

Shorter Prayers for Servants or any others who may be engaged in neceſſary Affairs.

For the Morning.

PRaiſed be the Lord, from the riſing up of the Sun, unto the going down of the ſame.

Thou art my God, and I will thank thee: Thou art my God, and I will praiſe thee; who haſt lightened mine eyes, that I ſleep not in death; haſt delivered me from the terrors of the Night, and from the evil that walketh in Darkneſs; who reneweſt thy mercies to me every Morning, and haſt given me one day more to ſerve thee, and call upon thy name. I laid me down and ſlept, and roſe up again; for thou Lord only makeſt me to dwell in ſafety: to thee therefore Father, Son, and Holy Ghoſt, the Bleſſed, Glorious, and Undivided Trinity, be Honour and Glory, this day, and for evermore. *Amen.*

I will ariſe and go to my Father, and will ſay unto him,

FAther, I have ſinned againſt Heaven and before thee, and am no more worthy to be called thy Son; but turn thee unto me, and have mercy upon me. Remember not mine Iniquies, nor

nor the Iniquities of my Fore-fathers, neither take thou vengeance of my ſins. Have regard to thy Son Jeſus Chriſt, who had no regard to his own life, but laid it down on the Croſs for me: and in him, and for his ſake be reconciled unto me. *Amen.*

Enter not into Judgment with thy Servant, *O Lord*; for if thou ſhouldſt *be extreme, to mark what I have done amiſs*, what would become of me? For of ſo many millions of ſins that I have committed, I cannot anſwer thee one of a thouſand. But, O thou who haſt revealed it to me, as a *faithful ſaying, that*, JESUS CHRIST *came into the World to ſave Sinners*; ſave me, O, ſave me, who am the *chiefeſt* of them; waſh away all my ſins in his Blood, bury them in his Grave, that they may never riſe up in the world to ſhame me, or in the world to come to condemn me. *Amen.*

Thou haſt been my ſuccour, leave me not, neither forſake me, *O God of my Salvation*; but go on to create in me a clean heart, a new and contrite heart, and to renew a right ſpirit within me. Give me thy *Holy Spirit* to think, and do always ſuch things as be rightful, that I who cannot do any thing that is good without thee, may by thee be enabled to live according to thy will, through JESUS CHRIST, our Lord. *Amen.*

O God, the Creator and Preſerver of all mankind; I humbly beſeech thee for all *ſorts* and *condi-*

conditions of men; *especially* for thy Holy Catholick Church; for that part of it in these Kingdoms; for him who is the Supreme Governour; thereof, our dread Sovereign Lord King *CHARLES*; for our Gracious Queen *KATHARINE*, *JAMES* Duke of *YORK*, and all the Royal Family; for the whole State Ecclesiastical and Civil; for all those who are any way afflicted or distressed in Mind, Body, or Estate? for all my Relations, Friends, and Benefactors; *particularly*, &c. Endow them all with Heavenly gifts answerable to their respective Places and Callings; guide them with thy Counsel here, and hereafter bring them unto Glory, through JESUS CHRIST our Lord. *Amen.*

Defend me, O God, under thy wings and keep me safe *this day* under thy Feathers. Give thine Angels charge over me, to keep me in all my ways. Set a watch *this day* before my mouth, and keep the door of my lips. Turn away mine eyes that they behold not vanity; and let not mine heart be inclined to any evil thing. Order my steps in thy Word, that no wickedness may have dominion over me. Prosper thou the work of my hands unto me; O prosper thou my handy work; and let thy merciful kindness be this day upon me, like as I do put my trust in thee, through the Merits of thine only Son, Jesus Christ our Lord. *Amen.*

Our

Our Father which art, &c.
For thine is the Kingdom, &c.

The Bleſſing of God Almighty, Father, Son, and Holy Ghoſt be with me, and all related to me, this day, and for evermore. *Amen.*

A ſhort Prayer for the Evening.

O Praiſe the Lord, all ye his Servants, ye that by night ſtand in the Houſe of the Lord, with theſe, O Lord, do I now liſt up my hands to thy Sanctuary, and will praiſe thy name for all thy mercies *Spiritual* and *Temporal*, beſtowed on me in JESUS CHRIST, for this days life and protection, for with-holding thoſe ſeveral Judgments which my ſins deſerve, for loading me with a multitude of Bleſſings, which by reaſon of my manifold ſins I have not deſerved. Forgive, O Lord, forgive them all, and increaſe thy Grace upon me evermore; let them not hinder thy Graces hereafter from *deſcending* down upon me, nor my Prayers at this or any other time, from *aſcending* up unto thee, as an acceptable Sacrifice, through Jeſus Chriſt our Lord. *Amen.*

Have mercy upon me, O God, after thy great Goodneſs, and according to the multitude of thy Mercies do away mine offences. Waſh me throughly from my wickedneſs, and cleanſe

cleanſe me from my ſin. For I acknowledg my fau't, and my ſin is ever before me. O thou who haſt ſent thy Son into the world not to call the *Righteous* but *Sinners* to Repentance, have mercy upon me, and grant me true Repentance unto life, never to be repented of, and which may bring me to thine eternal joy through JESUS CHRIST our Lord. *Amen.*

Keep me, O Lord, *thy poor humble Servant* with thy perpetual mercy: And becauſe the frailty of man without thee cannot but fall, preſerve me ever by thy help from all things hurtful, and lead me to all things profitable to my Salvation, through JESUS CHRIST our Lord. *Amen.*

O God, who wouldeſt have all to be ſaved, and come to the knowledg of the truth, have mercy upon all men. Bleſs every member of the Univerſal Church, eſpecially that part of it in this Land of my Nativity, and herein the Kings Majeſty, the Queen, the Duke of *York*, and the whole Royal Family; all that are in Authority under him, all the Miniſters of thy Holy Word and Sacraments, particularly him to whoſe overſight thou haſt committed me. Give I pray thee, unto them all according to thy good pleaſure; the bleſſings both of this life, and that which is to come. Forget not peculiarly to ſhew mercy to the Relations, Friends, Helpers, and Well-wiſhers of thy Servant. Let thine eye of mercy

cy

cy be ever open upon all thy wanting and ſuffering Servants; ſupport them under, and graciouſly deliver them out of all their diſtreſſes, even for JESUS CHRIST his ſake. *Amen.*

Thy Servant will ſpeak yet once more, and beſeech thee, O Lord, who haſt made the Night for Man to reſt in, as well as the Day to labour; that *this Night* I may ſo take my bodily reſt, that my Soul may continually watch for my deliverance out of this mortal life; and that my ſleep be not exceſſive, according to the inſatiate deſires of the fleſh, but ſufficient to relieve and maintain Nature. Let me remember thy Name *in the Night Seaſon*, and commune with mine own heart, and ſearch out my ſpirits, and compoſe them in thee, that I may riſe to ſerve thee in all ſober and godly converſation, through the aid and aſſiſtance of JESUS CHRIST, our only Lord and Saviour. *Amen.*

Our Father which art, &c.
For thine is the Kingdom, &c.

The Bleſſing of God Almighty, Father, Son, and Holy Ghoſt, be with me, and reſt upon me, and all related to me, this night, and for evermore. *Amen.*

Dire-

Directions how to pass our days well *and* acceptably *unto God.*

SAint *Basil* exhorts to this purpose, before we do any thing else, be we careful to consecrate the first fruits of the day, and the very beginning of our holy thoughts unto the Service of God. Accordingly let the *first thing* which you do, and *the first word* which you speak, *every day*, tend to this great and important end, the worship and acknowledgment of Almighty God; for, as good men have observed, upon our *first thoughts* do commonly depend the *thoughts and actions* of the *whole day*: Therefore when you first awake, you must admire and thankfully resent his great goodness for the *last nights sleep*, who might, and deservedly too, have suffered death to seize on you *whilst sleeping*, and hurried you hence to render an account of what you have done in the flesh: the result of which will be, to think how (on the supposal of this *dreadful* surprize) you were prepared; and to conclude and pray, Happy is that Servant, whom his Lord, when he cometh, shall find *doing his will.* Amen. *Be it to thy Servant according to thy Word.*

To which Meditation prefix this holy Ejaculation,

Lighten mine eyes, O Lord, that I sleep not in death. Amen.

And

And ſubjoin this humble Reſignation of your ſelf into *the hands of God.*

Into thy hands, O Lord, I commend this day my ſoul and my body; beſeeching thee to be ever with me to direct, ſanctifie, and govern me in the ways of thy Laws, and in the works of thy Commandments, that through thy moſt mighty protection, both here and ever, I may be preſerved both in body and ſoul, to ſerve thee the only true God, through Jeſus Chriſt our Lord. *Amen.*

2. *After which* preſently ariſe, *and at your* uprifing ſay,

In the Name of God, the Father, the Son, and the Holy Ghoſt. *Amen.* Bleſſed be God, the Holy and undivided Trinity, now and for ever. *Amen.*

I ariſe from my bed to glorifie him. He of his infinite mercy, *bleſs and keep me this day*, and for evermore. *Amen.*

I laid me down, and ſlept, and roſe up again, for the Lord ſuſtained me.

3. At your Apparelling, ſay,

Put ye on the Lord Jeſus Chriſt, and make no proviſion for the fleſh, to fulfil the luſts thereof. *Cloath* me, O Lord, with the *ornaments* of thy Heavenly Grace, and *cover me* with the *robes of Righteouſneſs*, through Jeſus Chriſt. *Amen.*

4. *At the* washing *of your hands*, say,

O wash me throughly from my wickedness, and *cleanse* me from my sins: Make me a *clean heart*, O God, and renew a *right Spirit* within me, a Spirit cleaving stedfast unto thee, through Jesus Christ. *Amen.*

5. After which betake your self to your *Morning Prayers*, and after them walk a while in your *Chamber*, and bethink your self of the *business of the following day*, and of a prudent and conscientious transaction of them: in the manadge of which, consider what *temptations* may probably *assault* you, and arm your self against them, what good your *occasions* may render you *capable of doing this day*, and resolve within your self to do it, and to do it as *effectually* as you can. And be willing to commit *all your affairs to God*, to be *guided* by his *Counsel*, *protected* and *provided* for by his *Care*; according to the advice of holy *David*, commit *thy way* unto the Lord, trust also in him, and he shall bring it to pass.

6. And forasmuch as the Apostle enjoyns us to *pray always* and again to *continue in Prayer*, accordingly should we follow his Injunction; not that we should do nothing else but pray, but have our hearts so enflamed with the *love of God*, as to be in a continual disposition to pray, and this not only at all *set* and *accustomed times*, but at *all times*, and upon *all occasions and objects* presented, raise up your souls upon the spiritual wings of *Holy Meditations*, *Celestial Affections*, *Devout Colloquies* and *Ejaculatory Converses* with Heaven. Thus *Enoch* walked with God, and was translated. Thus *David* professeth, I have set

ſet God always before me: And I will give thanks unto the Lord, his praiſe ſhall ever be in my mouth. Correſpondently whereunto you ſhould furniſh your ſelf with *Meditations* fitted to *every days* ordinary actions, and ſeveral diſpoſitions of your ſoul.

When you go forth out of your *Houſe* or *Chamber*, ſay,

The Lord preſerve my *going out*, and *my coming in* from this time forth for evermore. *Amen.*

When you *ſtand* upon ſome *high place*, ſay,

Thy mercy, O Lord, reacheth unto the *Heavens*, and thy faithfulneſs unto the *Clouds*.

When you behold *pleaſant Fields, and variety of Objects*, ſay,

O Lord, how manifold are thy works! in wiſdom haſt thou made them all: *The Earth* is full of thy riches.

When you ſee or hear *any thing extraordinary*, ſay,

Bleſſed be the Lord God, even the God of *Iſrael*, who only doth *wondrous things!* And bleſſed be the Name of his Majeſty for ever: And all the Earth ſhall be filled with his Majeſty. *Amen. Amen.*

When you hear the *Clock*, or see *the hour of the day*, say,

Our *days upon earth* are but as a *ſhadow*; and we bring *our years* to an end as a *tale that is told*; ſo teach me to number *my days*, that I may *apply my heart* unto Wiſdom. *Amen.*

When you go to *read the Scriptures*, ſay,

Open thou mine eyes, O Lord, that I may ſee the *wondrous things* of thy Law. *Amen.*

When you are *ſad, or diſcontented*, ſay,

Why art thou ſo *full of heavineſs*, O my ſoul, and why art thou ſo *diſquieted* within me? *Put thy truſt* in God, for I will yet *give him thanks* for the help of his countenance.

When you *hunger or thirſt*, ſay,

Bleſſed are they that *hunger and thirſt* after righteouſneſs, for they ſhall be filled.

When you are *aſked an Alms, being able to give*, ſay,

Bleſſed be God, who hath not only given me *ability*, but this *opportunity* alſo to lay up in ſtore for my ſelf a *good foundation* againſt the *time to come*, that I may lay hold on *eternal life*.

When

When you hear others *evil ſpoken of*, ſay,

Lord, who ſhall dwell in *thy Tabernacle*, or who ſhall reſt upon *thy Holy Hill?* He that hath uſed no deceit in his *Tongue*, nor done evil unto his Neighbour, and hath not ſlandered his Neighbour.

Upon the ſenſe of *your ſins*, and the miſpending of *your time*, ſay,

Call to remembrance, O Lord, thy tender *mercies*, and thy *loving kindneſs* which have been ever of old. O remember not the *ſins and offences of my youth, nor of my riper years.* O deal not with me after *my ſins*, neither reward me after *mine iniquities:* but according to thy mercy think thou upon me, O Lord, for thy *goodneſs.* Amen.

7. Be careful to retire, *ſome part of the day*, into your Cloſet, and devoutly read the Meditation for the day, at the *end of this Book*: And on every *Friday*, as alſo the *Wedneſdays* and *Saturdays* in Lent, and Ember-week, the Litany and Prayers at *the ninth page thereof.*

8. Neglect not when occaſion offers, to perform all Spiritual Works of Mercy, *viz.* to *Inſtruct the Ignorant, to Correct Offenders, to Counſel the Doubtful, to ſuffer Injuries with Patience, to forgive Offences and Wrongs, to pray for others.* As alſo all Corporal works of mercy, *viz.* to *Feed the Hungry, and give Drink to*

the Thirsty; to Cloath the Naked. to Harbour the Stranger and Needy, to visit the Sick. to Minister unto Prisoners and Captives. to Bury the Dead.

9. Next to the Holy Commandments and Injunctions of the Gospel, be diligent to observe the *Precepts of the Church*, viz.

1. "*To* observe the Festivals and Holidays.
2. "*To* keep the fasting days with Devotion "and Abstinence.
3. "*To* observe the Ecclesiastical Customs "and Ceremonies Established, and that "without frowardness and contradiction.
4. "*To* repair every day Morning an Evening (unless there be a just and unfeigned "cause to the contrary) unto some Church "or Chappel for Publick Prayers, unto "which God hath in a more peculiar manner annexed his Blessing, that where two "or three are gathered together in his Name "he will be in the midst of them.
5. "*To* Receive the Blessed Sacrament of the "Body and Blood of Christ with frequent "Devotion, and three times a year at least: "whereof *Easter* to be always one. And for "the better Preparation thereunto, as occasion is, to disburden your Conscience of "those Sins that may grieve you, or Scruples "that may trouble you, to a Learned and "Discreet Priest, and from him to receive "advice, and the benefit of Absolution.

10. Possess your Soul with the *fear of God*, the Judg of all the Earth, who is about your path, and about

about your bed, and ſpieth out all your ways; and dare you ſin in his preſence? Dare you ſo highly affront him to his face, *before whom all things are naked and open?*

11. Before you betake your ſelf to your *Evening Prayers*, think upon all the *day paſt*, how you have ſpent it; that is, what good or evil actions you have done, and what bad inclinations you have reſiſted or amended, aſking God pardon for all the offences of it.

12. As *you undreſs your ſelf, conſider*, That the time is coming, when you ſhall put off this *body of fleſh*, as you do now the *Garments which cover its nakedneſs*; and that you may do this in *peace*, and to your *future happineſs* your Soul muſt now be ſtript, and *put off concerning the former converſation the old man, which is corrupt according to the deceitful luſts and put on the new man, which after God is created in righteouſneſs and true holineſs.*

13. *As you enter into your bed*, ſay,

In the name of our Lord Jeſus Chriſt, who was *Crucified upon his Croſs*, and *Laid into his Grave* for me, I lay me down to reſt; He bleſs me, and keep me, He ſave me, and raiſe me up again; and bring me at laſt unto life eternal. *Amen.*

14. *As you betake your ſelf to ſleep*, ſay,

I will lay me done *in peace*, and take my reſt; for it is thou, Lord, only that makeſt me dwell *in*

safety. Amen. Have mercy upon me, O Lord, *now* and at the *hour of death. Amen.* Preserve me while I am *waking*; defend me while I am *sleeping*, that my soul may continually watch for thee, and both body and soul may rest in *thy peace* for ever. *Amen.*

15. Should you in the *night time* lie *awake*, say,

O Lord, thou hast proved and visited my heart in the *night season*, thou hast tried me: O Blessed Father, purge me, that thou mayst find no wickedness in me, through Jesus Christ our Lord. *Amen.*

Lord, give me Grace to make haste, and not to prolong the time, to keep thy Commandments; that I may call my own ways to remembrance, and turn my feet to thy Testimonies. And then, *at midnight* will I give thee thanks, because of thy righteous Judgments, O Lord, my strength and my Redeemer. *Amen.*

16. In case you are not presently *disposed to sleep*, devoutly repeat the LI. *Psalm.* which to that purpose you must be careful to get *by heart.*

Have mercy on me, O God, &c.
Glory be to the Father, &c.

Brief Heads of Self-Examination, *by way of* Articles *upon the Ten Commandments, to be enquired into by every Christian, especially on the* Friday, *or immediately preceding the* Holy Sacrament.

ENter into, and commune with thine own self, *O my Soul*! Judg thy self, that thou be not judged; Condemn thy self, that thou be not condemned with the world; Answer for thy self before God, and in the presence of his Holy Angels, *Guilty or not Guilty of Transgressing*

The First Commandment in all, or any of these Instances?

1. HAst thou at any time *doubted* whether there be a God, or of his *Providence* or *his Power*, of his *Mercy* or *Justice*, or any other of his *Attributes?*

2. Hast

2. Hast thou neglected to *know* God, or to *glorifie* him as God; or to *Love*, *Fear*, *Believe in*, or to *give Thanks* unto him accordingly?

3. Hast thou *feared* men above him, by committing sin to shun some outward disgraces or sufferings from them?

4. Hast thou set up in thy thoughts any thing in *Competition* with God, as *Pride*, or some other *darling Lust*, or *Interest*?

5. Hast thou in thy prosperous condition been *puffed up* and *forgotten* God, and in dangers and distresses *not trusted in* him, but in some other worldly helps, or unlawful means to bring thy self out of them?

6. Hast thou *heeded* too much superstitious Observations, or Dreams, or Fortune tellers, or vain Predictions of men, so as to *give credit* to them; or Lots, so as to *attempt the knowledge* of some secret thing by them?

Guilty or not Guilty of Transgressing *the Second Commandment, in all or any of these* Instances.

1. HAst thou *framed in thy mind* any bodily shape or form of God, or *Worshipped* him by an *Image*, or *given* that *honour* to Saint

Saint or Angel which is due only to himself?

2. Hast thou *behaved* thy self *irreverently* in any of thy addresses to him, not *Kneeled* or *Religiously bowed* thy self before him?

3. Hast thou at any time *wilfully omitted* Prayers, publick or private, and been *glad* of a pretence to do so?

4. Hast thou *contented* thy self with coldness and deadness, or wandring thoughts in thy Prayers; or *drawn near* unto God with thy lips, when thy heart hath *been far* from him?

5. Hast thou been more *careful* of the outward ceremonial part of thy *Worship*, than of the inward and spiritual?

Guilty or not Guilty of Transgressing *the Third Commandment, in all or any of these Instances?*

1. HAst thou in thine *Ordinary Conversation* used any rash Oath, or eager Execration?

2. Hast thou *Perjured* thy self, or *Sworn* any thing false, knowing it to be so?

3. Hast thou *designed to abuse* thy Neighbour by *failing* in any engagement, which hath

hath been in thy power to perform?

4. Hast thou seriously *considered* and *bewailed* thy frequent and dangerous violations of that *great and solemn Vow* which thou madest to God in thy *Baptism*? As also the breach of any other *Religious and Deliberate* Vows and Promises made in times of Adversity, or, at any other time unto him?

5. Hast thou *unduly regarded*, or *irreverently treated* any of those persons or things whereon the Name of God is called, as his Priests, Word, Sanctuary, *&c.*

6. Hast thou by a vile and wicked life *given occasion* unto others to *Blaspheme* the Holy Name of God?

Guilty or not Guilty of Transgressing *the Fourth Commandment, in all or any of these Instances?*

1. HAst thou *Prosaned* the Lords day or any other Feasts or Fasts of the Church by *intending* too much on thine own business, and not *devoting* them chiefly to holy Exercises, whereunto they were assigned?

2. Hast thou been satisfied *in them* with the bare use of means, without any regard to practice?

3. Hast

3. Hast thou neglected to shew forth *in them* thy Charity to those who stand in need of it?
4. Hast thou, *in them*, neglected Prayer, or Reading the Holy Scriptures, or receiving the Communion?
5. Hast thou profaned the *Lords Supper*: either, first, by coming to it *ignorantly*, or *without Examination*, or *without Contrition*, and *purposes* of *new life*: Or secondly, By Behaving thy self *irreverently* at it without *Devotions and spiritual Affection*: Or thirdly, by neglecting to keep the *Promises* made at it?
6. Hast thou been *careless of assigning* some set and solemn times to *humble* thy self for thy sins, or of *calling thy self* to a *daily account* for them, or of *acting revenge* upon thy self by *Fasting*, and other acts of *Mortification*?

Guilty or not Guilty of Transgressing *the Fifth Commandment, in all or any of these* Instances.

1. HAst thou *refused Obedience* to the lawful Commands of the King, or any in Authority under him; or *sowed Sedition* among his people?

2. Hast

2. Hast thou *grudged* his just *Tribute*, or *judged* and *spoken evil* of him?

3. Hast thou *grieved* or *despised* thy Spiritual Pastors, such as *labour* for thy soul?

4. Hast thou sought to *with-hold* from them their just maintenance?

5. Hast thou *forsaken* thy lawful Minister to *follow* factious Teachers and Conventicles?

6. Hath thy behaviour been *stubborn* and *irreverent* unto, and hast thou *despised* thy natural Parents; either first, By publishing their infirmities; or secondly, By *Contemning* their Counsels; or thirdly, By *Murmuring* at their Government?

7. Hast thou *neglected*, on any occasion, to *assist* them to thy power, or to *offer up daily Prayers* to God for them?

Art thou Parent, and

8. Hast thou been careless of instructing thy Children betimes in the *ways of God*; but for want of *timely Correction*, suffered them to run into *Customs* of *sin*; or encouraged them thereto by thine own *evil example*?

9. Hast thou discouraged them by *harsh and cruel usage*, and not provided for their subsistance according to thine ability?

Art thou a Brother *or* Sister, *and*

10. Dost thou want affection toward thy *Brethren* or *Sisters*, but sometimes harboureſt

H *Envyings*

Envyings and *Heart-burnings* in thy heart towards them?

Art thou an Husband, *and*

11. Hath thy behaviour been *unkind, froward,* and *unquiet* towards thy Wife, not bearing with her *Infirmities?*

12. Hast thou *neglected to pray* for her, and not *endeavoured to advance* her good, spiritual as temporal.

Art thou a Wife, *and*

13. Hast thou striven for *Rule* and *Dominion* over thy Husband, and resisted his *lawful Commands,* and not *prayed* for him?

Art thou a Master, *and*

14. Hast thou used thy Servants *cruelly* and *tyrannically?*

15. Hast thou been *careless* of their Souls; either first, By not providing them *means of instruction:* Or secondly, Not *admonishing* them when they commit sin: Or thirdly, not allowing them time for *Prayer,* and the *Worship of God?*

Art thou a Servant, *and*

16. Hast thou *disobeyed* the *lawful Commands* of thy Master?

17. Hast thou murmured at his *Rebukes?*

18. Hast thou purloined his *Goods,* or carelessly wasted them?

Guilty or not Guilty of Tranſgreſſing *the Sixth Commandment, in all, or any of theſe Inſtances?*

1. HAſt thou haſtened thine end by *wilful intemperance* and *diſorderly living?*
2. Doſt thou want *bowels of mercy* and *compaſſion* to thy poor Neighbours, and not Miniſter unto their Neceſſities?
3. Art thou guilty of Murder, ſecret, or open?
4. Haſt thou wiſhed in thy heart the death of any of thy *Neighbours or Relations?*
5. Haſt thou *maligned*, and been *cauſeleſly* or *ſinfully angry* with thy Neighbour? Haſt thou born any *Hatred*, or *Malice*, or *Revenge* in thy heart towards him?
6. Haſt thou not rejoyced in his *good ſucceſs*, but envied his *well-fare?*
7. Haſt thou drawn any to *Drunkenneſs*, or other Vices which may bring *Diſeaſes or Death?*
8. Haſt thou *maim'd* or *hurt* the body of thy Neighbour?
9. Haſt thou ſtirred men up to *fighting* or *quarrelling?*
10. Haſt thou *raſhly wiſhed* thine own death?

Guilty

Guilty or not Guilty of Transgressing *the Seventh Commandment, in all or any of these* Instances.

1. HAst thou *actually defiled* thy Neighbours Wife, or thy body by Adultery, Fornication, Lasciviousness, Uncleanness either *of hand or eye?*
2. Hast thou *deliberately pleased* thy self with, and *consented* unto any foul lascivious thoughts, impure fancies and desires?
3. Hast thou *delighted thy self* in wanton Company, in unchaste Songs, or filthy obscene talking?
4. Hast thou not *laboured to subdue* thy body by Fasting or other severities, but rather *pamper'd* it to heighten thy Lust?
5. Hast thou *patch'd or painted* thy face, or otherwise *adorned* thy body with a design of rendering others *Lustful* or *Carnally* desirous of thee?
6. Hast thou been proud of thy Apparel, or bestowed too much *time, care,* or *cost* about it?

Guilty or not Guilty of Transgreſſing *the Eighth Commandment, in all or any of theſe Inſtances?*

1. HAſt thou been *content* with that ſtate what ever it be, wherein thou art?
2. Haſt thou been *Idle* or *Negligent* in that condition of life whereunto thou art called?
3. Haſt thou been *too vehement upon*, or *ſpent too much time* at lawful Recreations; or been at any time *drawn* by them to Anger or Covetouſneſs?
4. Haſt thou not been *ſo exact in paying and dealing* with thoſe thou haſt traded with as thou wert able, and in juſtice wert bound?
5. Haſt thou *in buying or ſelling* uſed arts of deceit, or *exacted* on the neceſſities of thy Neighbour?
6. Haſt thou by *Violence*, or *colour of Law*, or *Couſenage*, or any other *undue means*, taken from thy Neighbour what belonged not to thee?
7. Haſt thou kept back the Wages of the Servant and Hireling?

Guilty

Guilty or not Guilty of Tranſgreſſing *the Ninth Commandment, in all, or any of theſe Inſtances?*

1. HAſt thou been forward to believe *ill reports* of thy Neighbours?
2. Haſt thou *cauſeleſly* ſuſpected, or *raſhly* judged of him?
3. Haſt thou invented, or ſaid any thing falſe that hath been injurious to his good Name and Reputation?
4. Haſt thou falſly denied the truth, or refuſed at any time to bear witneſs unto it, either out of *fear* or *flattery*?
5. Haſt thou *willingly* given ear to Slanderers, Buſie-bodies, and ſuch as go about with lies?
6. Haſt thou pleaſed thy ſelf in *raiſing* and *whiſpering* vain and fruitleſs lies?
7. Haſt thou *railed* at thy Neighbour for any injuries done to thee?
8. Haſt thou *deſpiſed* or *ſcoffed* and *derided* him for his Infirmities?
9. Haſt thou diſſembled, or dealt *doubly* with him?
10. Haſt thou been deſirous to *ſeem*, and to be *reputed* greater or better than thou art?

Guilty or not Guilty of Transgressing *the Tenth Commandment, in all, or any of these Instances?*

1. HAst thou at any time *inordinately* lusted after what belongs to others?
2. Hast thou entertained *secret Covetings* in thy thoughts, with any delight or complacency in them?
3. Hast thou harboured a thought or desire to hurt, or *any way* prejudice thy Neighbour?

Lord have mercy upon us, and incline our hearts to keep his Laws.

Col-

Collects *for particular Graces.*

For Faith.

ALmighty God, whom without *Faith* it is impoſſible to pleaſe; grant me, I beſeech thee, ſo perfectly to *believe* in thy Son Jeſus Chriſt, that my *Faith* in thy ſight may never be reproved; and being called to the knowledg of thy Grace, and *Faith* in thee, and admitted into the *fellowſhip of Chriſts Religion*, I may eſchew thoſe things which are contrary to my Profeſſion, and follow all ſuch things as are agreeable to the ſame, through Jeſus Chriſt our Lord. *Amen.*

For Hope.

BLeſſed Lord, who haſt cauſed all *Holy Scriptures* to be written for our Learning; grant that I may in ſuch wiſe *hear* them, *read*, *mark*, *learn*, and inwardly *digeſt* them, that by *Patience* and *Comfort* of thy *Holy Word*, I may embrace, and ever hold faſt the *bleſſed hope* of

everlasting life, which thou hast given us in our Saviour Jesus Christ; and that I may therefore purifie my self, even as he is pure, that when he shall appear again with power and great glory, I may be made like unto him in his eternal and glorious Kingdom, where with thee, O Father, and thee, O Holy Ghost, he liveth and reigneth ever one God, world without end. *Amen.*

For the Love *of God.*

O God, who hast prepared for them that *Love thee*, such good things as pass mans understanding, pour into my heart such *Love toward thee*, that I *loving thee* above all things, may obtain thy promises which exceed all that I can desire, through Jesus Christ our Lord. *Amen.*

For Charity.

O Lord, who hast taught us, that all our doings *without Charity* are nothing worth; send thy *Holy Ghost*, and pour into my heart that most excellent gift of *Charity*, the very bond of peace, and of all vertues, without which whosoever liveth, is counted dead before thee. Grant this for thine only Son Jesus Christs sake. *Amen.*

For Chaſtity.

O Holy Jeſus, who wert conceived in the Womb of a *Virgin*, I beſeech thee, grant thy Servant Grace to withſtand all temptations of the *fleſh*, and with a pure and clean heart to follow thee the only God, even for thine own mercies and merits ſake. *Amen.*

For Contrition.

ALmighty and everlaſting God, who hateſt nothing that thou haſt made, and doſt forgive the ſins of all them that are *penitent*: Create and make in me a *new* and *Contrite Heart*, that I worthily *Lamenting my ſins*, and *Acknowledging my wretchedneſs*, may obtain of thee, the God of all mercy perfect *Remiſſion* and *Forgiveneſs*, through Jeſus Chriſt our Lord. *Amen.*

For Devotion.

MOſt great God, who haſt not only *Permitted*, but *Invited* us *needy and miſerable Creatures* to preſent our *Petitions* to thee: O let me ſet a true *value* on this moſt *invaluable Privilidg*. I come unto thee, O Lord, as a *Worm* to my *Sovereign Maker*; I come as an *Hainous*

Offender to a *juſt* and *ſevere Judg*; let, I pray thee, mine addreſſes to thine houſe be with a Reverence ſome way anſwerable to thine *awful Majeſty*; give me an *hearty deſire* to pray, and ſuch a *Pure Intention* and *Fixedneſs of mind* upon thee, that I may no more incur the guilt of drawing near to thee with my *Lips*, when my *Heart* is far from thee: But may ſo ask, that I may receive; ſeek, that I may find; knock, that it may be opened unto me; that ſo from praying to thee here, I may be tranſlated to the praiſing thee eternally in thy Glory, through Jeſus Chriſt our Lord. *Amen.*

For the Fear of God.

MOſt great God, who only art high, and to be feared, O put thy *fear* into my heart, that I may not ſin againſt thee; let me never ſo miſplace my *Fear* as to be *afraid* of man, whoſe breath is in his Noſtrils: But fill me, O Lord, with the Spirit of thy Holy *Fear*, which is the beginning of Wiſdom, and let it preſerve me in a perpetual conformity to thy will in all things, through Jeſus Chriſt our Lord. *Amen.*

For

For Contentedneſs.

O God, Heavenly Father, who by thy Son Jeſus Chriſt, haſt promiſed to all them that ſeek thy Kingdom, and the Righteouſneſs thereof, all things neceſſary to their bodily ſuſtenance; keep me, I beſeech thee, under the protection of thy good providence, and learn me, in whatſoever ſtate I am, therewith to be *Content*: Grant me Grace to forſake all *covetous deſires*, and *inordinate love of Riches*, and ſo to paſs through things *Temporal*, that I finally loſe not the things *Eternal*; but that among all the ſundry and manifold changes of the world, my heart may ſurely there be fixed, where true joys are to be found, through Jeſus Chriſt our Lord. *Amen.*

For Diligence.

O Lord, who in thy holy Goſpel didſt ſentence the *ſlothful* and *unprofitable Servant* to be caſt into outer darkneſs; grant that I may not ſtand here *all the day idle*, but may give all *Diligence* to make my *Calling* and *Election* ſure; make me in ſome meaſure *uſeful* to my ſelf and others, both as to *This*, and a *better life*. O let me never lay mine eyes to ſleep, nor mine eyelids to ſlumber, but learn and labour to get *my*

own

own living, and to do my duty in that ſtate of life, whereto it hath pleaſed thee to call me, through Jeſus Chriſt our Lord. *Amen.*

For Humility.

ALmighty God, who reſiſteth the *proud*, and giveſt Grace to the *Humble*; mercifully grant that I may follow the example of the great *Humility* of thy Bleſſed Son, who did *humble* himſelf to take upon him our fleſh, and to ſuffer death upon the Croſs: Convince me that I am leſs than the leaſt of all thy mercies; that as I am vile in my ſelf, ſo let me be vile in mine own eyes, and may therefore eſteem every man better than my ſelf. Grant this, O Father, for thy Son Jeſus Chriſts ſake. *Amen.*

For Juſtice.

O Thou King of *Righteouſneſs*, who loveſt *Righteouſneſs*, and art mighty to ſave; give me Grace to obtain this Love of thine by cleanſing my heart and hands from all *fraud and injuſtice*; O grant that I may moſt ſtrictly obſerve that ſacred Rule of doing unto all men, as I would they ſhould do unto me; that I hurt no body in word or deed, but be *true and juſt* in all my dealings; that ſo keeping *innocency* and taking heed

heed unto the thing that is *right*, I may have peace at the laſt, even peace with thee through Jeſus Chriſt our Lord. *Amen.*

For Meekneſs.

ALmighty God, who haſt given thine only Son to be unto us both a *Sacrifice* for ſin, and alſo an enſample of godly life; give me Grace to learn of him who was *meek and lowly* of heart, to put on bowels of *Mercy, Meekneſs, and long ſuffering*; to be ſo far from offering the leaſt injury, that I may never *return the greateſt*: And grant, I beſeech thee, that the courſe of this world may be ſo peaceably ordered by thy Governance, that I may joyfully ſerve thee in all *godly quietneſs* through Jeſus Chriſt our Lord. *Amen.*

For Sincerity.

O Holy Lord, who ſearcheſt the heart, and triеſt the reins, try me, I beſeech thee, and ſeek the ground of my heart; purge it from all *Hypocriſie*, and ſuffer not any accurſed thing to lurk within me; give me *truth* in the inward parts, to be *pure in heart*, that I may be qualified to ſee thee in thy Kingdom, through Jeſus Chriſt our Lord. *Amen.*

For

For Temperance.

GRacious Lord, who refreſheſt us with thy good Creatures, and art the Author of all good things which we do enjoy; give me Grace, I pray thee, to uſe them with *thankfulneſs and moderation*; let me never be overcharged with *Surfeiting* and *Drunkenneſs*, nor my *Table* be ever made a ſnare unto me; but may ſo *eat* and *drink*, that my fleſh may be ſubdued to the Spirit, and that I may ever obey thy godly motions in Righteouſneſs and true Holineſs, to thy Honour and Glory, through Jeſus Chriſt our Lord. *Amen.*

For Thankfulneſs.

GRacious God, who haſt taught me, that it is a joyful and pleaſant thing to be *thankful*; ſuffer me not, I beſeech thee, to loſe my part in that Divine pleaſure, but make me truly and unfeignedly *thankful* unto thee for all thy mercies: Let thy mercies lead me to Repentance, and give me Grace to improve them all to the advancement of thy Glory, and the furtherance of my Salvation, through Jeſus Chriſt our Lord. *Amen.*

For

For Truſt in God.

O God, who never faileſt to help and govern them, whom thou doſt bring up in thy ſtedfaſt fear and love; Grant, I pray thee, that I may *lean* only upon the *Hope* of thy heavenly Grace, and in all my troubles put my *whole truſt and confidence in thy mercy*, caſting all my *care* upon thee, and being *careful for nothing*, but to keep thy Teſtimonies, and think upon thy Commandments to do them. Grant this, O Father, for Jeſus Chriſt his ſake. *Amen.*

For Perſeverance.

O Lord, raiſe up, I pray thee, thy power, and come among us, and with great might ſuccour me; that whereas through my ſins and wickedneſs, I am ſore let and hindred in running the race that is ſet before me; thy bountiful grace and mercy may help and ſtrengthen me to hold out unto the end, that ſo I may be ſaved; to be faithful unto death, that I may receive a Crown of life: nouriſh me, I pray thee, with all goodneſs, and of thy great mercy keep me in the ſame, through Jeſus Chriſt our Lord. *Amen.*

A MEDITATION FOR Every Day of the Week.

Mondays Meditation.

Of the End for which I was Born.

MY God, who is not capable of any acceſſion of Glory or Happineſs by bringing me into this World, yet hath been pleaſed to bring me out of nothing, and give me a being, that ſo he might make me the object of his Love, and hath now placed me in a condition far above all his other Creatures, except his Angels, and as all his other Creatures are ſubſervient to my uſe, ſo hath he alſo ordained thoſe heavenly pieces of this Creation to be miniſtring Spirits for my protection and advantage; and hath given me an Underſtanding,

Will,

Will, and Memory; a Body vigorous and active, fit for employment of several kinds. But surely, as I did not make my self, nor give my self those endowments; so am I not to think, that I am made for my self, or to serve my self alone; No I am told by *Solomon*, that God made all things for himself, and if all things, then my self too, who enjoy no small share of his loving kindness; and therefore now I am not free, and at my own appointment and disposition in the world, but am obliged to perform the things for which I was sent into this habitation: And upon my most serious recollection I am convinced, that for no other matter, or cause, or end I was born or placed here, but only to serve God in this life, and by this service to gain Heaven and Salvation in the life to come. *Moses* tells me, that we were created, that we should be an holy people to serve our God; and for this end we were redeemed, *Luke* 1. 74, 75. to serve God in holiness and righteousness all the days of our life. Since then it is thus, that the end and final cause of my being in this world is to serve God, and thereby to work out my own salvation, whatsoever thing I do, or bestow my time in which is either contrary, or impertinent, or not profitable to this end, though it were to gain Kingdoms, it is but vanity and lost labour, and such as will turn in time to grief and repentance, if I change not my courses; because it is not the

matter

matter for which I came into this world, nor for which I ſhall be demanded an account, except it be to receive judgment and puniſhment for the ſame. Again, ſeeing my only buſineſs and affair in this world is to ſerve my Maker, and ſave my own ſoul, and that all other Creatures here are but to ſerve my uſe to that only end, I deſire to be indifferent to all theſe Creatures, as to Riches or Poverty, to Health or Sickneſs, to Honours or Contempt; and I will endeavour to deſire ſo much or little of either of them as God ſees beſt for me to the attainment of the ſaid end, which is the ſerving of God, and the weal of my own ſoul. And now, O my ſoul, I muſt take thee off from all vain and ſinful delights, and from all immoderate uſe of thoſe that are moſt innocent; and fix my endeavours, and all my actions upon thoſe things which may conduce to thoſe ends, reſolving to ſpend this day accordingly.

A ſhort Ejaculation for this day.

Lord, ſince thou haſt made me a reaſonable Creature, let me not be more unreaſonable than the beaſt, who do all according to the rules thou haſt ſet them: Grant, that I may do nothing this day, but what may advance thy Glory, and my own happineſs. Amen.

Tueſdays Meditation.

Of Gods Loving-kindneſs to Man.

WHen I conſider the parts of my body, or the faculties of my ſoul, I am aſtoniſh'd at my own dull heart, that I ſhould ſo ungratefully ſpend my days without conſidering the manifold mercies of my God. How many poor Creatures do I behold, whom nature hath render'd ridiculous by ſome deformities, in either miſplacing, adding, or taking away ſome of their members; or elſe by Palſies, breaking of bones, or ſome other diſeaſes or ſad accidents have been made utterly uſeleſs when they were made: whilſt my God hath ſent me into the world compleatly built, and hath ever ſince preſerved me thus without any of thoſe blemiſhes or ſaid inconveniences, which I ſee many, that are better than my ſelf, labour under. And then, my reaſon is perfect and clear without any imperfection, ſerves me upon all occaſions to contrive and manage all thoſe affairs I am engaged in: whereas many are ſo ſtupid and ignorant, ſo ſottiſh and fooliſh, that they little differ from the very beaſts that tread upon the Graſs, and cannot in any ſervices be uſeful either to themſelves or others. But, beſides all theſe and the other advantages I enjoy in common with all Chriſtians, as my

my being created in the likeneſs of nothing but himſelf, to no other end, but to be his honourable ſervant in this world, and his copartner in Kingly glory for all eternity in the world to come; beſides the redemption and preſervation which I am entitled to: Yet if I do not wretchedly oppoſe his various contrivances for my eternal good, I have many advantages in my education, and in the daily paſſages of my life, being aſſiſted by good Books, frequent Inſtructions, conſtant Examples, and daily Devotions, which many good people have not the opportunity of. And now I am aſhamed of my ingratitude to ſo good, ſo great, ſo bountiful a Lord, and reſolve with my ſelf for the time to come to amend my life, and my former behaviour to him. And ſince I know there is nothing, O Lord, which doth ſo much diſpleaſe thee or dry up the fountain of thy mercy, or ſo binds thy hands from doing good, as doth ingratitude in the receiving of thy Benefits, wherein I have hitherto exceeded all others; but I have done it, O Lord, in mine own ignorance, not conſidering thine infinite gifts beſtowed on me, or what account thou wilt demand for the ſame. But now ſeeing thou haſt vouchſafed to make me worthy of this eſpecial grace alſo, whereby to ſee and know mine own error, I hope hereafter by direction of the ſame grace to ſhew my ſelf a better child towards thee. O my God, I am vanquiſhed at length with con-

ſideration of love; and how can I have the heart to offend thee hereafter, ſeeing thou haſt preſerved me ſo many ways with benefits? Can I have hands to lift up againſt thee, who haſt given up thine own hands to be nailed upon the Croſs for me? No, I truſt not to return to ſuch iniquity for the time to come, to which, I beſeech thee, for thy mercies ſake, from thy holy throne of Heaven, to ſay, *Amen.*

The Ejaculation for this day.

Lord, as thy mercies do ſurround me, ſo grant that my returns of duty may abound; and let me this day manifeſt my gratitude by doing ſomething well-pleaſing unto thee. Amen.

Wedneſdays Meditation.

Of Sin.

WHen I reflect upon the diſpleaſure which God hath to ſin, to be ſo great, that he hates all thoſe that work iniquity, that both the wicked man and his wickedneſs are hateful in his ſight, and finally, that the whole life of ſinners, their thoughts, words, yea, and their good actions alſo are abominations unto him, whilſt they live in ſin; and

and that which is yet more, he cannot abide nor permit the ſinner to praiſe him, or to name his teſtimonies with his mouth, as the Holy Ghoſt teſtifieth. When I conſider all this, I cannot but tremble with fear, leſt I ſhould be one of that number; having *careleſly* and *vainly*, and in many things *ſinfully* paſt away my days and years without ſo much as a ſerious enquiry into my own life, or how I might give an account to my God: And when he hath called unto me, and invited me by any of his gracious methods to good, I have rather yielded to the vain and ſinful complacencies of my tempting companions, and have too often choſen to hearken to, and follow them in their alluring cuſtoms, than to yield my ſelf to his heavenly will, and the invitations of his holy Spirit: Nay, ſince I have more ſolemnly dedicated my ſelf to his Service, and have had the paths of piety ſmoothed and made plain for me to walk in with eaſe and delight, and have had a guide to inſtruct me in the ways of his Commandments: yet I ſtill feel a coldneſs in my beſt performances; and my heart is even ready to retreat from holy duties, and willing again to withdraw me into the accuſtomary paths of this fooliſh world; and my treacherous ſoul is ready to argue on their ſide, to defend and preſently to excuſe its ways, by ſaying, Pride is a point of Gentry, and having a juſt eſteem of my ſelf; that gluttony and pampering my fleſh is a warrantable

enjoyment of the Creatures; that anger and revenge are both effects of a noble mind that must not tamely put up affronts or disrespects; that lasciviousness is but a trick of youth; that the immoderate and expensive Artifices of cloathing, washing, patching, and adorning, about which so much time is frequently spent, are but the innocent setting off that beauty and comely feature, which they say, was purposely bestowed by God to be set out to best advantage for admiration and delight. Thus am I ensnared by the bewitching example of others to betray my own reason, so as to have too kind thoughts of all vices and fooleries of mankind; I shall one day find that such pleasant devices and dreams will be turned into tears, and such fond conceits into doleful lamentations; for I know God will not be jested with, and that he is the same God still, and will ask as severe an account of me, as he hath done of others before: Therefore, my soul, I will drive out of my heart all vain and foolish complacencies in any thing that may withdraw me from my duty, or engage me into sin; and I will by Gods assistance spend my remaining days so carefully, as not willinly to commit any thing I know to be a a sin, or do any action, that I think may offend my God.

The Ejaculation for this day.

O Lord, let me not this day add to that heap of ſins which I ſtand guilty of; but give me grace to paſs it innocently, that neither in thought, word, or deed, any offence may pollute my ſoul. Amen.

Thurſdays Meditation.

Of Death.

I Do now appear before my God a living object of his favour; but how ſoon the ſcene may change, and I go hence, is not yet diſcovered to me; poſſibly this very day may be the laſt that I ſhall ever count, and the ſame earth, which I do now ſo negligently tread, may ſpeedily receive me into her cold embraces. Nor is the way by which I ſhall paſs from hence leſs uncertain than the time; for I cannot recount how many ways I may fall into thoſe hands of my eternal Judg, whereof St. *Paul* conceives great horror in only thinking. One little ſtone falling from the houſe-top as I paſs by, one ſlip of my Horſe or fall of my Coach as I ride, one ſudden miſchance of a million that may befall me, is able

to bereave me of this life, and caſt me into that everlaſtingneſs, out of which the whole world ſhall not be able to deliver me. And if I could triumph over all theſe ſad accidents, and had aſſurance that nothing of miſhap ſhould befal me to hurry me to my grave; yet I have a war within me, a ſeed-plot of corruption which will at length by degrees eat out my juice and marrow, and certainly return me to that duſt from whence I took my being; and all thoſe Friends and Relations who profeſs ſo much kindneſs, and are my Companions in my merriment, will endeavour to avoid the ſight of me, and leave me a pale carkaſs to be ſacrificed to the gaping Grave, and think no more of me than I am uſed to do of thoſe I now ſurvive. Poſſibly ſome one or other dear Friend may paſſionately follow my Hearſe and mix ſome days and nights with tears for my departure. But, alas, when the black attire of Funeral is over, and all my Acquaintants diſmiſſed to their ſeveral houſes, I am lodged in a condition uncapable of alteration; My Body falls to duſt, and is mingled with its own ruins: But my Soul, that appears before the tribunal of that ſtrict enquiry that leave no circumſtance unſearched, but take cognizance of all the paſſages of my life; and accordingly I am diſmiſſed into an endleſs condition of happineſs or woe; and this condition I muſt undoubtedly one time or other arrive at, through

through the gate of death. O then let me daily, nay, hourly, provide for that paſſage! I will by frequent meditation of my death, ſuppreſs all growth of ſin in me; I will think of the cold ſweat of Death, and by that, allay all heat of wanton thoughts: I will think how meanly clad I ſhall enter into my Coffin, only a ſhroud and other dreſſes fitted to cover me from undecency; and this thought ſhall keep me from complacency in rich attire and haughty deckings: I will think how pale and wan, and lothſom I ſhall then appear, and by that thought I will ſubdue and mortifie thoſe pleaſing conceits I am too apt to entertain; I will contrive the ſpending of my days ſo as every day may ſomething advance my preparation for a Bleſſed Sentence.

The Ejaculation for this day.

O Lord, deliver me from the corruption of my own life, that ſo when I die, my corruptible may put on incorruption; and let me this day do ſomething that may add to my comfortable departure out of this life. Amen.

Fridays

Fridays Meditation.

Of Judgment.

AS ſoon as I have bid adieu to the World, and am arreſted by the cold hands of Death, I muſt appear before my Judg, ſtript of all my Ornaments, and forſaken of all my Companions; the Book which ſhall be opened, and whereby my cauſe muſt be diſcerned, ſhall be the evidence of my deeds and actions in this life, recorded in the teſtimony of my own Conſcience, and in the infallible memory of Gods unſearchable wiſdom; ſo that this account will be moſt exact and exquiſite, not omitting the leaſt error or offence that I have committed or paſſed in all my life; and then my particular reward or puniſhment will be aſſigned to my own ſelf, conformable to the quality of this account, wherein ſentence of life or death is to be pronounced accordingly, and that without ever being recalled. But beſides this, there will be another day of my appearance too, when all the world ſhall appear at the ſame general Seſſions, and then my body ſhall riſe with me again to partake with me either in joy or torment according as it hath been inſtrumental in my good or bad actions, and as it hath acted in thoſe Vertues or Vices which my ſoul did exerciſe. And there my Saviour

viour Christ who was contemptible in this world, and dishonoured publickly, and put to confusion with the rest of his Saints and Martyrs in the sight of all men, shall then shew his Power and Majesty in the sight of all his Creatures together, but especially of all his wicked enemies, who after that day are never to see nor behold him more; And then too my own happiness or misery will have its full completion, and receive all the degrees which it is capable of. For men, when they die, do not commonly carry with them all that good or evil which they have wrought, having left behind them divers things which may increase their good or ill deserving after their death; as their examples, their instructions given to others, their temporal faculties or abilities, Books, Preachings, Exhortations, and other like means, whereby good or evil may proceed after their departure, the reward whereof cannot so continently be assigned to them for that their joy and punishment, in the places where they are, may daily be augmented by the hurt or good that may be wrought in this world by the means they left behind them: So 'tis believed by divers, that the glory of St. *Paul* is increased daily in Heaven, and shall be unto the worlds end, by reason of them who do daily profit by his writings, and raise examples of good life upon the earth: As also on the contrary part, that the torments of Hereticks are continually augmented

mented by the number of them who are from time to time corrupted by their seditious and pestilent Writings; the like they hold of dissolute Poets, and other loose Writers, who have left behind them lascivious, wanton and carnal Poems; as also of negligent Parents, Masters, or Teachers, who by their carelesness and evil examples, gave occasion to corrupt their Children, Scholars, or Servants committed to their Governments and Instructions. But after this general day of Judgment once past, there shall be no more place of pretending upon earth to either good or evil; for that the world there and then shall have an end, and final Sentence be pronounced of whatsoever hath passed from the first foundation and establishment thereof. And is it thus, O my Soul, that I must one day undergo so strict a scrutiny, that I cannot avoid so final a condition? I will surely then, clearing and casting up all accounts and reckonings of my traffick and stewardship in this worldly pilgrimage, according to the advice of my God, have a careful and continual remembrance and consideration of it, as of the greatest and most important business that ever I shall deal in; and I will look upon it as the most forcible means to restrain me from sin that possibly may be amongst frail men in this life. Good God, what a wonderful meeting will this be! How joyful to the good, and how lamentably doleful and terrible to the wicked!

wicked! The godly and righteous being to receive their bodies wherein they lived into the league and fellowſhip of their eternal bliſs, ſhall embrace them with all poſſible ſweetneſs and delight: but the miſerable damned ſpirits beholding the carkaſſes which were the inſtruments and occaſions of their ſin; and, when well knowing that their unſpeakable torments ſhall be increaſed by their mutual conjunctions and aſſociation, ſhall abhor and deteſt the ſame, and curſe the day that ever they were acquainted. And can I now think fit any longer to delay my preparation for this terrible day? I will now enter into a true judgment of my ſelf, my life, ſtate, and actions, that ſo I may prevent the danger of that day: I will prepare my ſelf, and accept of that good counſel of my Jeſus, and watch for that day, that ſo I may be able to ſtand in that fiery trial: And my Bleſſed Lord give me his Grace to look better about me, than ever yet I have done. *Amen.*

The Ejaculation for this day.

My God, the Apoſtle tells me, that if I will judg my ſelf; I ſhall not be judged of the Lord. O aſſiſt me with thy holy Spirit, to ranſack my polluted heart, that I may this day find out and forſake whatſoever thou abhorreſt, that ſo I may meet my Saviour at that great day of Judgment, with a pure and penitent heart. Amen.

Saturdays

Saturdays Meditations.

Of Hell and the condition of thoſe that are doomed to it.

I Am ſurprized with horror and amazement when I do but reflect upon this place, and am no leſs aſtoniſhed to conſider what God hath revealed to us in the Scripture, touching the dreadful circumſtances of helliſh puniſhments, and yet to ſee how little the wicked men of this world do fear; and indeed how little I my ſelf have regarded them. I have not ſuffered the thought of Hell to dwell upon my ſpirits, leſt it ſhould prove too great an allay and hindrance to my pleaſures and earthly contentments. But I am well aſſured, that this is the only time wherein I may avoid all; now is the ſeaſon when I may put my ſelf out of danger of all theſe terrible matters; and therefore this very day I will reſolve to fix them in my thoughts, for I know not what ſhall become of me to morrow; it may be, my heart will then be as hard and as careleſs of all theſe affairs as it hath been heretofore. Beſides, I know that it cannot be very long before I muſt be judged; and that the pains are intolerable and yet eternal, which do attend and expect the wicked; I confeſs them moſt unfortunate and miſerable, who for pleaſure

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or commodity of this world are fallen into them: What then ſhould hinder me to diſpatch my ſelf of all impediments, and break violently from the charms of this wicked world, which hinder me from this true and zealous reſolution? Why ſhould I ſleep one night, ſeeing this night may chance to be my laſt? I know if I come there with any guilt upon my ſoul, any ſin unrepented of, I muſt ſtand to that which is paſt, and according to my former demeanour muſt receive my doom. I ſhall behold a Judg there, whoſe Face I cannot avoid, whoſe Wiſdom I cannot deceive, and whoſe Equity I cannot bow, whoſe Severity I cannot mollifie, whoſe Indignation I cannot appeaſe, whoſe Determination I cannot alter, and from whoſe Sentence I cannot poſſibly appeal. Alas, what will all thoſe delicate people do at that inſtant, who live in eaſe and pleaſure, and can take no pains in the ſervice of God, nor abide to hear the naming of that day? What ſhift, I ſay, will they find out in their extremities? Whither will they turn themſelves? Whoſe help will they crave? They ſhall ſee all things cry vengeance round about them, all things yield them cauſe of fear and horror, but nothing any ſpark of hope or conſolation; above them they ſhall behold the Judg offended with their wickedneſs; beneath them, Hell opened, and the cruel furnace ready prepared to receive them to torment; on their right hand

hand ſhall be their ſins accuſing them; on their left the Devils ready to execute Gods eternal ſentence upon them; within them ſhall lie their own Conſciences gnawing, without them all damned Souls bewailing; and on every ſide the whole world burning. And whilſt the Saved are rejoycing and ſinging praiſes to their Saviour, the Damned will be blaſpheming and curſing the day of their Nativity. Conſider the intolerable upbraiding of thoſe moſt inſolent infernal ſpirits againſt the miſerable condemned Souls which are delivered to their prey; with how bitter ſcoffs and taunts will they drag them to their torments? Conſider the eternal ſeparation that muſt then be made of Fathers and Children, Mothers and Daughters, Friends and Companions, the one to Glory, the other to miſery, without any hope ever to ſee or hear any more the one the other; and that which will be as great a grief as any of the reſt, the Son or Daughter going to reſt or joy ſhall not take pity of their own Parents or Friends that are carried to calamity, but rather ſhall rejoyce thereat, for that it redoundeth to the Glory of God for the execution of his Juſtice. O my Soul, who art now conſidering of theſe things afar off, and then ſhalt be preſent to ſee actually before thine eyes; what a doleful ſeparation will that be! What a parting! O let me think ſeriouſly, where will all my delights, recreations, and vanities be at that day, all

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mine and my Parents pleaſures and paſtimes, and our pride and bravery in apparel, our glittering in Gold, and ſweet ſavours and perfumes, our honours and adorations of cap and knee, our adulations of Flatterers, our delicate fare and dainty diſhes, our wanton dalliances and pleaſant entertainments? Where are all our Friends and merry Companions, accuſtomed to laugh and diſport the time with us? Are all now gone? O vanity of vanities, when we have moſt need of them they are fartheſt from us, and the remembrance of them ſhall do nothing but torment us: O how ſour will the pleaſures paſt of the world ſeem at that day? How doleful will the cogitations thereof be unto us? How frivolous a thing all the delights, dignities, riches, offices, and other preferments, wherein we take ſuch exceſſive ſatisfaction now, and do weary our ſpirits for gaining the ſame? And on the contrary ſide, how joyful will that perſon be at that inſtant, who hath attended to lead a vertuous life, in reſiſting of ſin, and doing good works, albeit it were with much pain and contempt of the world? Moſt happy creature ſhall he or ſhe be that ever they were born, and overwhelmed with joy, that ever they walked the paths of Religion; and no tongue but Gods can expreſs their happineſs. And this by Gods Grace ſhall be the buſineſs of my remaining days.

The Ejaculation for this day.

Holy Father, season my Soul with such a dread of eternal torments, that no temptation may so bewitch me as to commit any thing that may bring me in danger of them! and let me this day order my steps so vigilantly, that I may contract no stain, which may occasion thy displeasure towards me, for Jesus Christs sake. Amen.

Sundays Meditation.

Of Heaven and the Joys of that Place.

IF a poor afflicted man, that were out of his way, wandring alone in a deep miry dirty Lane, in the midst of a dark and tempestuous night, far from company, destitute of money, beaten with rain, terrified with thunder, stiff with cold, wearied out with labour, almost famished with hunger and thirst, and near brought to despair, with a multitude of other miseries; should upon the sudden, in the twinkling of an eye, be taken out of that affliction, and be placed in a goodly, large, and rich Palace furnished with all kind of clear lights, comfortable fires, sweet savours, dainty meats, soft beds, pleasant musick, delicate apparel, and honourable compa-

company, all prepared for him alone, and all to attend his coming, to receive and embrace him, to ſerve and honour him, and to crown and appoint him King for ever: What would this poor man do? How would he look? Certainly his heart would be raviſhed with that ſudden and exceeding greatneſs of ſo uneſtimable a comfort; yet ſo ſhall it be, and much more with thoſe happy Souls that come to Heaven from the troubles of this life; for never was a cool ſhade ſo pleaſant in a hot Summers day, nor a Well-ſpring to the poor Traveller in his greateſt thirſt of the Summer, nor the repoſe of an eaſie Bed to a wearied Servant after his labour at night, as ſhall this reſt of Heaven to a wearied Soul that comes thither. St. *Paul* tells us, that we ſhall ſee God face to face; St. *John* tells us, that we ſhall ſee God as he is: both theſe Apoſtles intimating, that all happineſs is compriſed in that; And the reaſon of all this is, becauſe all the pleaſures, delights, and contentations of this world, wherein mortal men do ſolace themſelves, being nothing elſe but little pieces of Gods incomprehenſible felicity: The ſame are contained, and much more perfectly in God himſelf, from whom they are derived: So that they are in their own nature imperfect unto men: But now in ſeeing God, we ſhall ſee all the goodneſs and perfection of worldly things compact and united together,

and presented unto us all at once: And then this flesh of ours that now is so cumbersome, grievous to the mind, that now is invested with so many inconveniences, subject to so many mutations, vexed with so many diseases, defiled with so many corruptions, replenished with so many miseries and calamities, shall then be made glorious and most perfect to endure for ever without change or mutation, and to reign thus with our souls everlastingly. ¶ O what a joyful day will that be to thee, having lived in the fear of God, and having now atchieved in his service the end of thy Pilgrimage! thou shalt come at thy death to pass from misery and labour, to life and immortality: And in that passage, when others begin to fear, thou shalt lift up thy head in hope: What a day of joy shall that be unto thee, when thy soul slipping out of Prison, and conducted by the Angels into the Tabernacle of Heaven, shall be received there with the honourable company and troops of that place, with all those blessed Spirits, with Cherubims and Seraphims, Patriarchs, Prophets, Martyrs, Virgins, Innocents, Confessors, holy Bishops, and other Saints of God! All which, as they did rejoyce at thy conversion from sin; so shall they triumph now at thy Coronation and Glorification: What joy will thy Soul receive at that day, when she shall be presented by her good Angel into the presence of all those Princely States, before the Seat

Seat and Majeſty of the Bleſſed Trinity! What recital and declaration of all thy good Works done, and Troubles ſuffered for the love and ſervice of God Almighty! when, I ſay, theſe Bleſſed Spirits ſhall lay down in all that honourable Conſiſtory, all thy vertuous Acts, with their particularities, all thy Alms-deeds, all thy Prayers, all thy Faſting, all thy innocence of Life, all thy patience in bearing Injuries, all thy Conſtancy and Induſtry, all thy temperance in Meats and Drinks, all the vertues of thy whole life: When all I ſay, ſhall be recounted there, all commended, all rewarded; ſhalt not thou now ſee the value and profits of holy living? Shalt not thou now confeſs from the bottom of thy heart, that gainful and honourable is the Service of God? Shalt not thou now be moſt joyful, and bleſs the hour ten thouſand times, when thou firſt reſolvedſt to leave the ſlavery of this miſerable world, to ſerve only ſo bountiful a Lord? Shalt not thou now think thy ſelf beholden moſt deeply to him or her, that perſuaded thee firſt to make this reſolution? But yet more than this, when thou ſhalt look round about thee, and ſee what a Port and Haven of ſecurity thou art arrived at, and ſhalt caſt back thine eyes upon thoſe dangers thou haſt paſſed, and wherein other men are in hazard, thy cauſe of joy ſhall greatly be increaſed, for thou ſhalt ſee now evidently, how infinite times thou

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wert in peril to periſh in thy earthly Pilgrimage, if God had not held his ſpecial hand over thee; thou ſhalt now ſee the danger wherein other men are, the death and damnation, wherein ſo many of thy friends and acquaintants have fallen in, the eternal pains of Hell incurred by ſundry that uſed to laugh and be merry with thee; all which ſhall augment thy felicity of this ſo fortunate a lot. And now for thy ſelf, thou mayeſt be ſecure, thou art out of all dangers for ever; there is now no more need, or fear, or labour, or care; thy only exerciſe will be now to rejoyce, to triumph, to ſing Hallelujahs to the Lamb, that hath brought thee to this felicity, and will continue thee there for everlaſting. Moreover thy happineſs will be much advanced by meeting with all thy godly Friends in Heaven, with Father and Mother, with Brethren and Siſters, with Kindred, Relations, Families and Acquaintants; where mutual embraces and welcomings will ſtill increaſe thy Joy. Add to this the moſt triumphant exultation that ſhall daily be at the freſh arrival of new Brethren and Siſters coming thither from time to time, with the Spoils of their enemies vanquiſhed and conquered in this world. O what a comfortable ſight will it be to ſee thoſe heavenly manſions filled every day with men and women, to ſee the Crown of glory ſet upon their heads, and that in all varieties, according to the infinite variety of their Combats and Conqueſts;

queſts; One for Martyrdom and Confeſſion againſt the Perſecutor; Another for Virginity and Chaſtity againſt the Fleſh; Another for Humility and Poverty againſt the World; Another for many Conqueſts together againſt the Devil. And now, my Soul, thou haſt been ſhew'd a faint draught of Heaven, and ſure thou canſt not but from this dull proſpect, long, deſire, and even pant to gain a little of it. But there is no other way ever to arrive there, there is no hopes to be crowned with this wreath of Glory, but by a vertuous and holy life, by keeping of Gods Commandments, for it is not every one that ſaith, Lord, Lord, ſhall enter into the Kingdom of Heaven, but they that ſhall do the will of the eternal Father of Chriſt who is in Heaven. And I am well aſſured, that whatſoever hath been the ſubject of this Weeks Meditation, either of my Creator or Creation; of my particular end; or of the Majeſty, and Bounty, and Juſtice of my God and Saviour; as alſo of the account that he will one day demand of me; and of the puniſhment and rewards laid up for the life to come: All this, I ſay, hath been to bring me to a true ſenſe and apprehenſion of my poor ſoul, and to engage me to a vertuous and holy life here, and ſo guide me to inexpreſſible joy hereafter. The Lord God of Heaven give me Grace to make uſe of all to thoſe bleſſed ends. *Amen.*

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The Ejaculation for this day.

Lord, fix my heart ſo firmly on thy everlaſting Joys, that nothing in this world may ever hinder my purſuits of them, and let this days performances ſome ways advance my aſſurance of them, that ſo when I return to my earth, I may lie down in ſure and certain hopes to be tranſplanted into thoſe manſions, where all tears ſhall be wiped from mine eyes, and live eternally with my Saviour JESUS. Amen. Amen.

Glory be to God on high.

FINIS.